

Check-List for Beginner Coaches

1. Create a positive environment

- Learn names quickly.
- Smile, praise and encourage.
- Be patient and supportive.
- Make it FUN!

2. Set achievable goals

- Keep the player's development in mind.
- Make sessions challenging.
- Ensure skill development is progressive.

3. Vary your sessions

- Change format and activities when required to continually engage players.
- Ensure equal opportunity for all players.
- Avoid elimination games where players sit out.
- Include non-competitive team work.
- Include Game Sense activities and allow players to 'play the game'
- Use different coaching methods.

4. Teach skills

- Plan to have a learning outcome for your session based around skill development.
- Regularly revise skills from previous weeks.

5. Demonstrate

- Appeal to visual learners
- Use the players to demonstrate correct skill execution where possible.
- Demonstrate *correct* execution or decision making, not *incorrect*.
- Make sure all players can see the demonstration.

6. Involve all players

- Have ample equipment available.
- Use several small groups rather than one large one.
- Understand what motivates your players and plan accordingly

7. Provide instant feedback

- Use lots of purposeful praise (that was well done because you.....)
- Ask questions to make players aware of areas to improve

8. Be a great communicator

- Try not to have too many instructions.
- Try to have as much one-to-one (discrete) coaching as possible.
- Offer opportunities for 2 way communication.