FLOW CHART FOR A SUCCESSFUL COACHING SESSION

INTRODUCTION
MAKE SURE THAT EVERYONE IS FIT ENOUGH TO TAKE PART & ENSURE THAT THE PLAYING AREA IS SAFE.

UNDERSTAND THE TOPIC & THE KEY FACTORS

STRUCTURE TEAM STARTING POINT
ENSURE THAT ALL PLAYERS UNDERSTAND CLEARLY WHAT IS BEING COACHED & THE ORGANISATION

DEMONSTRATION/START
BRING OUT KEY FACTORS ONE AT A TIME DURING THE SESSION

LET PLAY COMMENCE

OBSERVE COACH MISTAKES

PROBLEM

REFER TO:

KEY FACTORS ON YOUR CHOSEN TOPIC

EXAMPLE: GETTING THE BALLFORWARD:

1. Create Space
2. First Touch
3. Observe
4. Pass/Selection Quality
5. Runs of Play

Note explain the problem but do not demonstrate the problem. Be positive and demonstrate only the correct way

WAS IT 1,2,3,4,5?

STOP

RECTIFY THE MISTAKE

NOTE: ENSURE THAT THE PLAYERS ARE AWARE THAT THEY ARE REQUIRED TO STAND STILL AT THE TIME OF BREAKDOWN. THIS IS ESPECIALLY HELPFUL IN SMALL SIDED GAMES

IMPLEMENT COACHING FORMULA ASK OPEN ENDED QUESTIONS.
I.E. WHAT COULD YOU HAVE DONE?

RESTART

ItsaGoal
SPECIALIST SPORTS EQUIPMENT

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