

Lets explore some tips on maaign your practices the best possible environment for learning, development and enjoyment for all.

1 - Give your training and season development focus..

Have a plan for your season and trainings sessions. Pick your topics that are progressive through the weeks of a season and planned. Your games are weekends are just another learning environment for your players.

2 - Get Your Players Moving with an arrival activity

Get your players moving the second they arrive at by practice by having an arrival activity ready. Use small sided games and the lure of the game to attract your players excitment early upon arrival at the fields.

3 - Use small sided games to help player engagement..

Player engagement in your session is a priority. Allow plenty of time for them to play the game, 1v1's, 2v2's 3v3's in mulitple field formats.

4 - Reinforce Good Behavior and create experiences!

Allow players to make mistakes and when they perform the correct technique, action or direction give them praise. Allow players to experience the game not listen to your previous learning development.

5 - Coach more on an individual basis

Set your drill, exercise running and then instruct players or a more individual basis. You will achieve more in a shorter time period as the player/s will recieved more directive feedback.

6 - Keep addressing your players as a group short and to the point

When you address your players as a whole group you will only have their attention for the first 20 seconds. The general rule is your have their age x2 (8 years old = 16 seconds).

7 - Use a tactics board to show the drill / Exercise

When telling your players the task at hand use a tactics board to help players learn visually to understand the task.

Gameday



Game-day is an exciting environment for your players. Use the following tips for the best player experience.

1 - Use the numbering system

The numbering system is a fantastic tool to help players understand the field. Allocating a number to a position will help the players understand that positions movement and role more easily.

2 - Set gameday targets for your players

Set team targets for the game ahead. Ask your players to move the ball to the 7 and 11 successfully 20 times in this game. This will encourage players to move the ball and use the width of the field.

3 - Use Rondos for team warm-ups (Keep Away)

Play keep away as a team warm-up to encourage lots of touches of the ball and faster thinking. Avoid allowing players to line up and shoot at the goal.

4 - Secret missions for players

You can provide individual players with secret missions during the game. This mission could be to dribble the ball over 40 yards when they have space (7/11). Pass the ball to the number 9's feet or to play into space ahead of the 7.

5 - Coach from the sidelines

Players cannot understand direction when playing the game. They cannot understand commands as they are concentrating on running, moving, thinking about when they get the ball etc. Yelling instruction the second they get the ball does the complete opposite and makes their decision making more complicated and slower.

Coach your players off the field. Explain to them their instruction when they are on the bench next to you.

6 - Information gathering whilst playing the game

Players will be attracted to the ball when it is the only bit of information they gather when playing. This is why players do not spread out as they have not gathered information on space around them. This will generally come into play around 10 years old. Encourage players to gather information on - Ball, Space, Team mates and opposition.