
The Coaches Toolkit

Once a coachable moment is recognized, there are several methods for giving information to the players, this is the coaches toolkit.



The Coach's Tool Kit

I. Coach within the flow of the game

Clear, brief instruction to individuals or groups as the ball is moving

Not an ongoing monologue, Don't let it become "noise"

II. Coach the individual player as the game continues

Stop an individual but not the group

One team will play "man down"

Keep it brief

III. Coach at natural stoppages

Water breaks, ball out of bounds, score, etc.

Brief but timely to the situation

IV. Allow conditions of the activity to coach the theme

Alter your field shape, numbers, etc. to reinforce the point of your practice session. For example, a wider field helps the attack and vice versa for the defense



The Coach's Tool Kit

V. Use the “freeze” method

Stop the play to make the coaching point

Paints the picture for the players

Rehearse then Restart creating the correct action and practice until it's right

Remember to point out positive actions/plays, ‘Did you see what he did here, that was perfect...’

Technical Freeze

Use to correct poor technique; coach can demonstrate

Tactical Freeze

For “big picture”

Use guided questions to lead your players to solutions

“What could you have done differently here?”



How to Teach

Considerations Pre-Practice

Preview

What are you going to coach?

Why are you going to do it?

Where does it belong in the full game?

Time Factors

When is the training session? How long is it?

When during the weekly cycle?

When in the seasonal cycle?

Explanation and Demonstration

Paint a picture

Explain rules of activity

Explain why you're doing this

Show it – Explain it – Do it



How to Teach

Considerations Pre-Practice

Elements of Practice

Organization – size, space, location, equipment, realistic

Activities – age and talent appropriate (too easy is boring; too hard is frustrating)

Starting the activity – let it go for a while so the players can figure it out and develop rhythm

Coachable moments – find opportunities to instruct, but not too many!

Starting and restarting – by you or the players, when ready

Always have an objective to each activity



How to Teach

Considerations Pre-Practice

Corrections

Assessment/Adjustments – Is my coaching having an effect on the players and the activity?

Identify the problem – Is it tactical, technical, physical or psychological?

Put into large game – Always make practice as realistic as possible Activities – age and talent appropriate (too easy is boring; too hard is frustrating)

Use the Coach's Tool Kit

Remember to add positive tone to negative statements, 'I love the way you dribbled to an open space and passed, let's see if you can pass in traffic.'

