



From the Dugout



Coaching Ethos - January 2022

'Victory is in the quality of competition, not the final score'



6 WAYS TO TEACH A NEW SKILL

- 1. ENSURE PLAYERS UNDERSTAND WHY THEY ARE LEARNING THE SKILL**
- 2. WATCH AN EXAMPLE OF THE SKILL (EG COACH DEMO, VIDEO CLIP)**
- 3. CLEARLY DEFINE THE KEY LEARNING POINTS REQUIRED TO SUCCESSFULLY EXECUTE THE SKILL**
- 4. REHEARSE, REHEARSE, REHEARSE**
- 5. ALLOW PLAYERS TO EVALUATE PERFORMANCE**
- 6. PUT A POINTS BIAS ON EXECUTING THE SKILL IN A GAME SITUATION**

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COACH FOR IMPROVEMENT

IDENTIFY NEXT AREA OF IMPROVEMENT FROM AGE-APPROPRIATE DEVELOPMENT PLANS, PREVIOUS TRAINING SESSION OR GAME



MEASURE 'WINNING' IN TERMS OF HOW WELL THE NEW SKILL IS EXECUTED, RATHER THAN THE SCORELINE

PLAN DRILLS TO LEARN AND IMPROVE IN A SUPPORTIVE AND UNCONTESTED ENVIRONMENT



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POSITIVE MINDSET

DON'T SAY

THAT WAS RUBBISH

WHAT ON EARTH WAS THAT?

PUT SOME EFFORT IN

YOU BOTTLED IT...

THAT'S A POOR LOSS

DO SAY

I RECKON YOU COULD DO THAT BETTER

TELL ME WHAT YOU WERE TRYING TO DO

SEE IF YOU CAN WORK HARDER AT THAT

LET'S HAVE ANOTHER GO WHEN THE OPPORTUNITY COMES

WE'VE GOT SOME THINGS TO WORK ON

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