

SPORT LIFE SUCCESS = COACHES WHO

- 1. TAKE THEIR PLAYERS AND TEAM PERFORMANCES TO NEW LEVELS**
- 2. MAKE THEIR PLAYERS STRONGER AND MORE EMPOWERED ON AND OFF THE FIELD**
- 3. INCREASE THEIR PLAYERS LEVELS OF RESILIENCE, SATISFACTION, CONFIDENCE AND VALUE FOR THEIR TEAM MATE.**
- 4. KEEP PLAYERS COMING BACK SEASON AFTER SEASON WIN, LOSE OR DRAW**
- 5. GUIDE THEIR PLAYERS TO BE CHAMPIONS IN LIFE**

SPORT LIFE SUCCESS GOAL

TO HELP THE PLAYERS WE COACH OR TEACH WIN EVERYDAY IN THE GAME OF LIFE BY BECOMING MORE CONFIDENT, HAPPY, RESILIENT AND STRONGER PEOPLE ON AND OFF THE FIELD.

1. DEFINING YOUR SUCCESS AS A COACH

THE FIRST STEP (AND POSSIBLY HARDEST THING FOR SOME COACHES) IS TO TAKE A STEP BACK AND LOOK AT DEFINING YOUR PLAYERS SUCCESS BY WHAT THEY CAN CONTROL RATHER THAN THE GAME SCOREBOARD. AS A COACH YOU NEED TO BREAK DOWN ALL OF THE ASPECTS OF THE GAME THAT YOU NEED THE PLAYERS TO BE DOING AT ANY GIVEN MOMENT. THINK ON AND OFF THE BALL. THINK OF ALL THE 1 PERCENTER THINGS YOU WANT YOUR PLAYERS TO DO THAT CONTRIBUTE TO THE TEAM PERFORMANCE BUT PROBABLY NEVER GET RECOGNIZED ON A TEAM STAT'S SHEET.

2. MAKE YOUR LIST

NOW MAKE YOUR LIST OF EVERYTHING THAT YOU WANT YOUR PLAYERS TO BE DOING ON THE FIELD. WHAT WOULD MAKE THEM THE ULTIMATE PROFESSIONAL AND THE BEST TEAM MATE.

3. HOW CAN I KEEP EVERY PLAYER INVOLVED IN THE GAME FOR EVERY MINUTE/PLAY OF THE GAME?

NOW I NEED YOU TO PRESS PAUSE. THINK ABOUT THE PLAYER WITH THE BALL OR THE HIGHLIGHTED PLAY. NOW WHAT CAN ALL OF THEIR TEAM MATES BE DOING TO ASSIST HIM/HER OR HELP THE TEAM? Eg. Can the player be drawing the attention of an opposing player removing them from the play, can they be supporting the player by running into a space, can they be communicating with their team mate identifying the player they will be marking, can they be providing motivation and team energy? IN A TEAM GAME, FIND WAYS TO MAXIMIZE EVERY PLAYER ALL THE

TIME, NO MATTER HOW SMALL THE ACTION MAY BE. NOW ADD ALL OF THESE THINGS TO YOUR LIST.

4. USING THE BRONZE, SILVER, GOLD, PLATINUM REWARD AND ACKNOWLEDGEMENT SYSTEM

As a coach now, decide how many involvements from the list of things that you want your players to be doing for them to be acknowledged and celebrated at 4 different levels from Bronze, Silver, Gold and Platinum. Different sports, ages, genders, ability or specific coaching focuses can be taken into account when you decide how many involvements will qualify your player for each achievement acknowledgment. For example – an u12 soccer coach may decide on having 15 involvements for bronze, 30 silver, 40 Gold, 53 Platinum. The involvement numbers are completely up to the coach who is in the best place to decide what their players are up to each week.

5. THE PRE-GAME PEP TALK

In the pre-game pep talk it is important that you continue defining success for your players in regards to their own performances rather than their opponents or the scoreboard. Remind your players of how they can earn points for their different reward certificates and how many points they need for each level. Define success to them as improving their scores or levels and that that is what your focus is on as a coach and are looking for from them.

6. DURING THE GAME

During the game either you as the coach or an assistant use a tick or a dot or some other form of marking against each player's name every time they perform one of the actions that you as a coach want and helps the team.

7. END OF THE GAME

At the end of the game tally up each players score and acknowledge their level of performance. This can be done in a number of ways, by announcing out loud to the team, by presenting certificates, by placing up on a noticeboard, by putting up on the club face book page etc,

USING SPORT LIFE SUCCESS THE EASIEST WAY AND WITH GREATEST EFFECT

The easiest and most effective way to use the Sport Life Success (SLS) coaching format is by downloading its app on Android. The (SLS) app will allow any coach/supporter to cleanly, quickly and efficiently select your team members playing in today's game and award level parameters before recording each players involvement with a tap on their name for each involvement as the game progresses. At the end of the game the coach can survey the players award levels, make any adjustments where necessary, and press submit.

Included in the app is the option for a team photo to be uploaded and appear on each player's certificate. Each player and any designated family members or supporters will then receive an email with their players certificate/award and total involvements for the game.

Coaches and clubs have now personally acknowledged every player for the work they have done today. Win, lose or draw that recognition will often now begin the conversation between supporters and player about how the game went today. Using the SLS app saves coaches

hours of preparation and after game work to achieve this positive and personal effect on each player each week.