



Meeting a player's basic needs

Help meet your players' basic needs by focusing on the following four areas:

Belonging

- Help players feel secure, welcome and respected
- Encourage positive relationships between teammates
- Provide players with a clear role and task within the team

Development

- Recognize each player has their own unique learning journey
- Encourage an attitude of learning, confidence and self-awareness
- Help each individual to develop their own unique strengths and confidence to progress in the game

Freedom

- Encourage players to express themselves
- Guide players to make their own choices both on and off the pitch
- Provide opportunities for players to take control of their own development

Fun

- Create a positive and enjoyable experience for all players to enjoy the game
- Design age-appropriate activities that balance challenge and success
- Focus on learning and development over results

