



An effective coaching approach

We believe an effective coaching approach is based on four areas:

Game-based

- Help players to make the link between training sessions and the game
- Develop player decision-making through age-appropriate small-sided games
- Try to use minimal interventions and stoppages

Person and player

- Understand as much as possible about the players in your care
- Consider both the person/child in all decisions
- Help players work effectively with their teammates and develop their emotional skills

Freedom and support

Provide players with the opportunity to:

- Make their own decisions on and off the pitch
- Work with their teammates
- Lead parts of a practice
- Take ownership of their own development

Player experience

- Put the player's experience at the heart of the learning process
- Encourage players to reflect on their soccer experience
- Support players to share learning with their teammates

