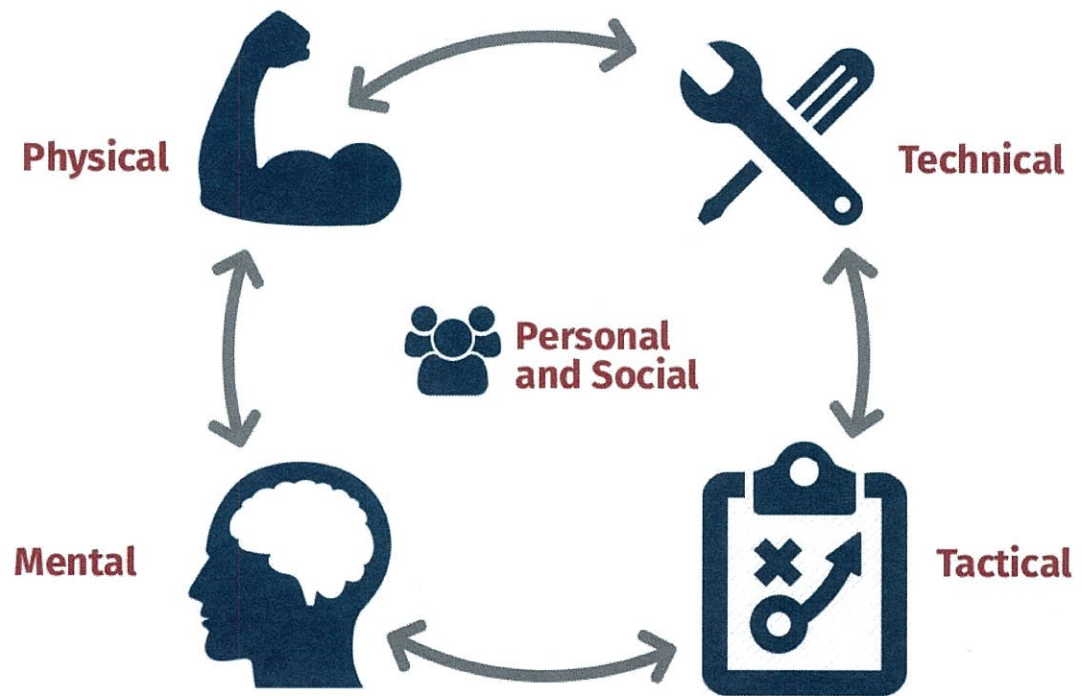


COACHING THE WHOLE CHILD

A Traditional Perspective

Coaching has traditionally been seen as an activity whose only objective was to improve someone's athletic prowess.

As a result of this long-established interpretation of coaching, we, as coaches, have mostly been concerned with developing four key areas in our players, namely the physical, technical, tactical and mental, with a very high percentage of our time spent on the physical and technical. The following screens identify the capabilities we develop in these four areas.



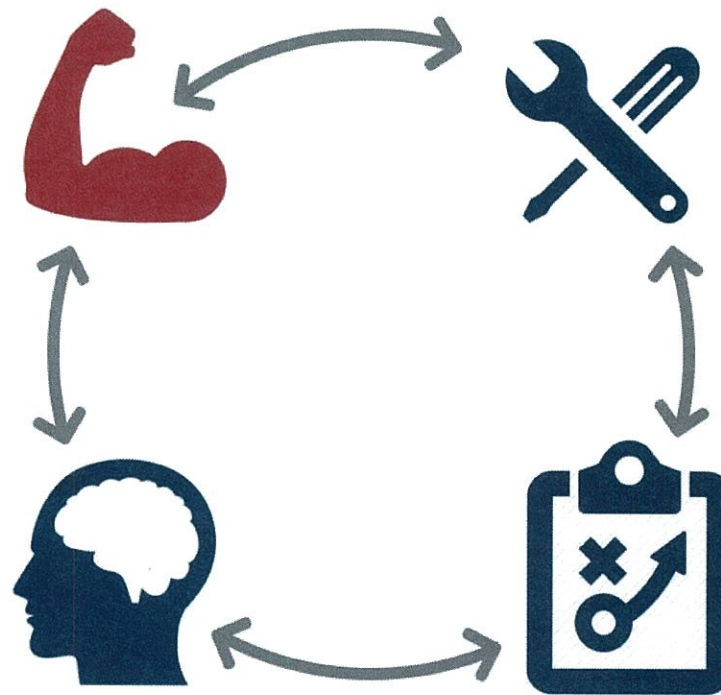
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COACHING THE WHOLE CHILD

A Traditional Perspective

Physical

- Balance, coordination, agility
- Using speed, start/stop, slow to fast and fast to slow
- Movement in different directions and different ways
- Initial development and use of strength and power



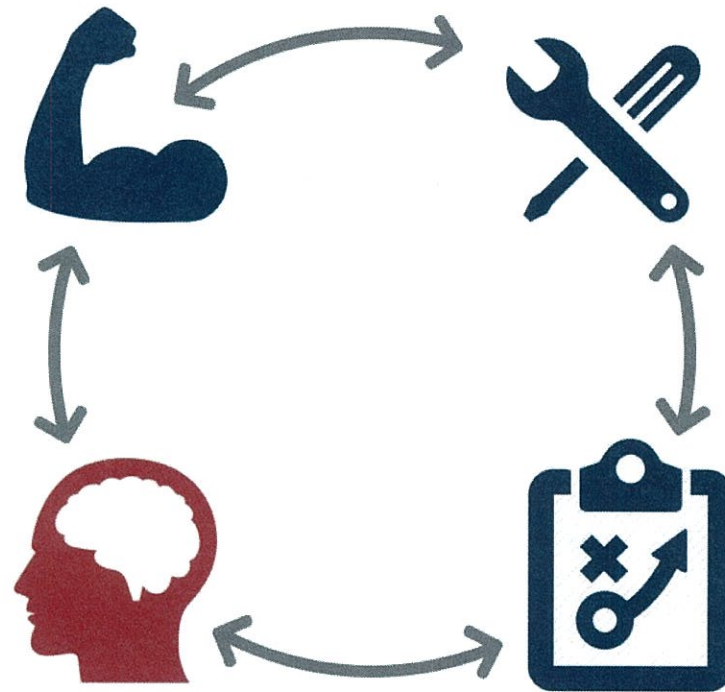
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COACHING THE WHOLE CHILD

A Traditional Perspective

Mental

- Showing confidence in their abilities
- Demonstrating a commitment to and an understanding of what it takes to improve
- Setting simple goals and using positive self-talk
- Scanning the game and making simple decisions



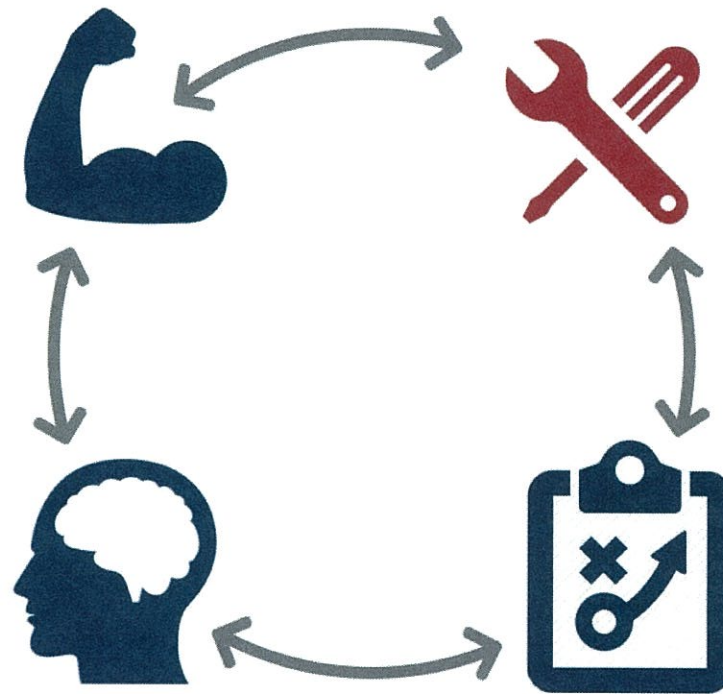
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COACHING THE WHOLE CHILD

A Traditional Perspective

Technical

- Broad skills that serve as a base to build sport-specific skills
- Starting to introduce appropriate competition where those techniques can be applied in a realistic environment
- Refining specific skills



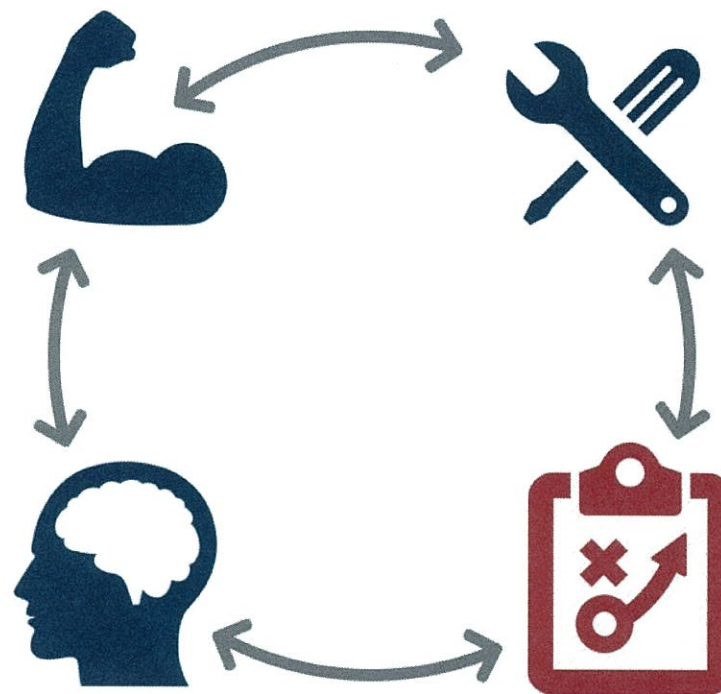
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COACHING THE WHOLE CHILD

A Traditional Perspective

Tactical

- Ability to perform in modified games (i.e. small-sided games)
- An understanding of spacing and timing
- Ability to react to other people's movements, changes in the environment and the movement of the ball
- Choosing the right technique to match a tactical challenge and solve game situations



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