



1

Plan in advance how to manage safety, people, space and equipment

2

Group participants according to number, ability and activity



## HOW TO MAKE IT SAFER

4

Manage my time to ensure I can focus properly on the session and players

3

Use group size to control intensity and involvement



1

Get participants active quickly

2

Set activities to give variety, challenge and some success



## HOW TO KEEP IT FUN

4

Give positive feedback on effort as well as performance

3

Ensure all are actively involved all the time



1

Assess risks associated with environment, participants and equipment. Keep checking for risk

2

Provide each of your coaches with a daily practice plan to ensure you are accomplishing the goals set forth for each session



## HOW TO ORGANIZE IT

4

Ensure your coaching practice and progressions are correct and players stick to the task set

3

Monitor the amount of contact you allow within each practice in accordance with USA Football's recommended practice guidelines



1

Learn and use participants' names

2

Smile and make eye contact with each participant



## HOW TO BUILD RAPPORT

4

Show interest in and respect for each participant, other coaches and officials

3

Coach the person rather than just the sport



1

Plan what to say  
in advance

2

Gain attention  
before starting



## HOW TO EXPLAIN

4

Invite questions, and  
check for understanding

3

Keep it short  
and simple



1

Position so all  
can see and hear

2

Provide correct  
demonstration in silence



## HOW TO DEMONSTRATE

4

Check for understanding  
before they go to practice

3

Provide demonstration more  
than once, from different  
angles, focusing on one or  
two coaching points



1

Look at the whole action

2

Break down to focus on one part, phase or coaching point at a time



## HOW TO OBSERVE

4

Observe until you have an accurate picture

3

Observe from various angles as necessary





1

Compare your observations with the technical model for the skill being learned

2

Identify the matches



## HOW TO ANALYZE

4

Decide whether to reinforce, modify or note but take no action

3

Identify the mismatches



1

Ask player, “What did you notice about...?” to promote self-analysis first

2

Limit information to one or two key points



## HOW TO GENERATE AND PROVIDE FEEDBACK

4

Check understanding: “What will you now do?”

3

Give specific, simple information in a positive way

