



Coach

Coaching Principles

Now that you have a coaching philosophy in the pipeline and a better understanding of your role as a coach, it's time to take a look at some key coaching principles that you can apply when coaching your very own team of players.



START WITH YOURSELF AND BE ORGANISED

To be a good coach, you should be well organised, enthusiastic and, through your attitude, establish the right work ethic within your team. Your training sessions and game day arrangements should be organised well in advance and you should be well-presented and always look in control.

BE YOURSELF

Don't be over concerned by how other coaches or parents want you to behave or coach. Remember, it's your team and you have the ultimate responsibility for its performance. Players will know if you aren't being true to who you are.

USE ASSISTANTS/ PARENTS

Surround yourself with competent people that you can work with. Take time to communicate the structure of training sessions and how they can be the most effective for you and the players. Having assistants can ensure the players are working in smaller groups and therefore getting more touches of the footy.

RESPECT THE INDIVIDUAL

A coach working with a large group of footballers must understand that each player is unique in terms of their temperament and personality, and that each player will exhibit varying behaviour. For this reason, players must be treated as individuals and you should ensure that all players are recognised and treated fairly.



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TEACH THE FUNDAMENTALS

The basic skills of football must be continually taught and practiced. A coach must reinforce basic possession and disposal skills. A team plan is of no value if players are unable to kick, mark, handball or perform other basic skills.

DRIVE PLAYER RESPONSIBILITY

Get feedback from your players after trainings to see if they enjoyed a particular drill or game. The most important thing about junior football is that kids are having fun

DEVELOP CLUB SPIRIT

Encourage togetherness both on and off the ground

- *Promote a family club so attendance at club functions can be beneficial in team building*
- *Attempt to mix socially with all members of the club*
- *Highlight team play rather than individual efforts.*

SET GROUND RULES

Outline all your training expectations including:

- *Training days*
- *Behaviours expected*
- *safety equipment required*

