Check-List for Beginner Coaches

1. Create a positive environment
   - Learn names quickly.
   - Smile, praise and encourage.
   - Be patient and supportive.
   - Make it FUN!

2. Set achievable goals
   - Keep the player’s development in mind.
   - Make sessions challenging.
   - Ensure skill development is progressive.

3. Vary your sessions
   - Change format and activities when required to continually engage players.
   - Ensure equal opportunity for all players.
   - Avoid elimination games where players sit out.
   - Include non-competitive team work.
   - Include Game Sense activities and allow players to ‘play the game’
   - Use different coaching methods.

4. Teach skills
   - Plan to have a learning outcome for your session based around skill development.
   - Regularly revise skills from previous weeks.

5. Demonstrate
   - Appeal to visual learners.
   - Use the players to demonstrate correct skill execution where possible.
   - Demonstrate correct execution or decision making, not incorrect.
   - Make sure all players can see the demonstration.

6. Involve all players
   - Have ample equipment available.
   - Use several small groups rather than one large one.
   - Understand what motivates your players and plan accordingly.

7. Provide instant feedback
   - Use lots of purposeful praise (that was well done because you…..)
   - Ask questions to make players aware of areas to improve.

8. Be a great communicator
   - Try not to have too many instructions.
   - Try to have as much one-to-one (discrete) coaching as possible.
   - Offer opportunities for 2 way communication.