

The Coaches Role

Giving Respect in Life



It allows you to get the most from your role as a football coach

Giving young people the key to:

- Understanding themselves better
- Feel better about themselves
- Enjoy happy and respected relationships
- Performing better
- Preventing violence on and off the field
- Creating confidence for now and in the future

COMMUNICATION

The way the message is delivered affects the way the message is received.

When we speak, choose words carefully (HOWEVER instead of BUT, "But" is a negative, when players hear BUT they are waiting for the bad news or a blast)

The way we deliver words, communicate more than we could possibly imagine.

Eye contact, posture and gestures all contribute to the other person's understanding of our message.

Some Coaches/Captains/Leaders think they have communicated once they tell a player to do something, eg "I don't know why it did not get done. I told Jim to stand in a certain area at kick outs and all he did was stand there. "WHY" More than likely, Jim misunderstood the message. (Jim starts in this area at kick outs then give leads in a 20m arc, move around) A message has NOT been communicated unless it is understood by the receiver How do you know it has been properly received? By two-way communication or feedback. This feedback tells the Coach that the receiver understands the message, its level of importance, and what must be done. Communication is an exchange, not a one way GIVE.

The real communication is the message received.

Generally, the way we begin our message often determines the outcome.

Be careful about the first few words. People often decide to either accept our message (talk) or reject it based on your opening sentences.

Be confident with your Communication, you know better than anyone else what you are saying.

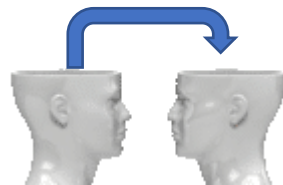
- Eye contact:** This helps to regulate the flow of communication.
- Facial Expressions:** Smiling is a powerful cue that transmits happiness, friendliness, warmth, and liking
- Gestures:** If you fail to gesture while speaking you may be perceived as boring and stiff
- Posture and body orientation:** You communicate numerous messages by the way you talk and move.
- Vocal:** Speaking can signal nonverbal communication when you include such vocal elements as: tone, pitch, rhythm, loudness, and inflection

Briefing Conclusion

Links people together for a common goal.

Has a clear defined goal for an outcome.

Players, Staff and Parents



Enables players/people to act with initiative.

Influences action towards bonded teamwork.

Is understood by all who are involved.

Ensures each player involved knows his/her expected contribution.



Program Focus Areas

Running Technique – Emphasis on Technique

Stretching Program (provided)

Fitness, Mainly Ball work

Skills, All the basic needs

Game Tactics –

Backs, Mids, Forwards and gameplay coaching.

Preparation

Mental – Preparing mentally before games.

Emotions – handling situations

Nutrition – Guide sheet provided

Senior / Junior Football Netball Club

Creating Standards

Training Calendar Monthly(Helps Family Members Organise their Week)

- Attendance Sheet (Important for Team Selection)
 - Own Drink bottles, (if possible) name on, filled prior to training
 - Strong (Tin) Whistle (Creates discipline, demands attention)
- Weekly Template

Training

- Warm up Technique Running (Program Att. 5 mins getting used to Technique)
- Proper Stretching, Generally for Under15 onwards
- Short drills
- In close work, creating confusion (Makes players concentrate, sets standard for training)
- Figure 8 Drill, Square Drill Includes Running energy sapping (**Short drills creating fitness**)
- **Creates mental strength**
- Game Training (Training towards your game plan)
- Development Coach/Rehab Training, no good standing around

Leadership Group (with Coach)

- Training Rules (Runners & Boots,(in case wet weather, indoor training etc, etc)
- Team Rules (Coach and Leadership group, make sure we are ALL on the same page)
- Game Plan (Coaches & Leadership group this depends on size, ability, overall talent)
- Training Program for Festive Season (Coaches to speak to players re the importance to maintain a reasonable fitness over the holidays)
- Decide date to resume/start training for 2018 Season

Settings Standards Creating a UNIQUE CULTURE in the Football Netball Club (ALL on the same page)