

# COACHING TIPS ✓✓✓

## Evaluating yourself as a coach

Just as it is a coach's role to evaluate their players, a coach should also take some time (and get some help) to evaluate their own performance.

Ask a coaching colleague to come to training to observe you.

They should observe areas such as:

- how you get the player's attention
- whether the players were standing around a lot (you want them to be as involved as possible)
- how much time you spent explaining activities and how much time the players spent actually playing (about 2/3 of the time should be spent with the players playing– and the coach observing)
- whether all players could hear and understand your instructions (check and challenge understanding by asking problem solving questions)
- how many teaching points you introduced in a training activity (you should have only 1 or 2 particular teaching points for each activity)
- how often you positively encouraged players for what they did well (should outweigh criticism)
- how you made the activity enjoyable and challenging to ensure learning takes place
- how your instructions and activities were modified to suit the age group you are coaching
- what part of the pitch were activities run, how this assisted the players to know when and where the activity relates to a game situation and improved decision making
- how you C.H.A.N.G.E. I.T. (FFA National Coaching Curriculum) when an activity became too difficult or not challenging enough (if it's not working C.H.A.N.G.E. I.T.)
  - C – coaching style
  - H – how you score
  - A – area increase or decrease
  - N - numbers increase or decrease
  - G – game rules modify
  - E – equipment vary
  
  - I – inclusion engage all players
  - T – time reduce or extend

Consider also having a coaching colleague observe you during a game (from a position where they can hear your instructions to the players). Alternatively, ask them to video you during a game (or trainings) so that you can see and hear yourself.

Observe other coaches, as this is a great way to develop your coaching. Ensure you have the correct certification to coach the age group of the players you're coaching. Seek out attend coach development activities that are relevant to you and the players you are coaching.

For coaching courses and coach development activities access the FFV web site under coaching, courses, workshops and events.

## THOUGHT FOR THE MONTH

*The emphasis is always on the teaching, not the drill. Without the teaching points the drill means nothing. **David Munns***