

COACHES CHECKLIST



- SET CLEAR GOALS
- IDENTIFY KEY CHALLENGES WITHIN THE GAME
- CREATE A GAME PLAN
- TRACK YOUR PROGRESS
- REFLECT & ADJUST AS NEEDED
- CELEBRATE ACHIEVEMENTS



**YOUR SUCCESS STARTS
WITH CONSISTENT ACTION!**



TRAINING

- ALL WARMUP ACTIVITIES TO INCLUDE A FOOTBALL FOR A MINIMUM OF ONE BETWEEN 2
- COACH POSITIVE MOMENTS. FIND SOME MOMENTS WHERE PLAYERS HAVE COMPLETED WHAT YOU REQUESTED.
- ASK ALL OF YOUR PLAYERS HOW THEIR DAY WAS AT SCHOOL/WORK/LIFE.
- NO LAPS, NO LINES, NO LECTURES.
- ALL WARMUP ACTIVITIES TO INCLUDE A FOOTBALL FOR A MINIMUM OF ONE BETWEEN 2.
- IF IN DOUBT AND ALL ELSE FAILS...
PLAY THE GAME!



GAME DAY

- NO PLAYERS SITS ON THE BENCH FOR A FULL HALF
- ALL PLAYERS PLAY A MINIMUM OF 2 POSITIONS DURING THE GAME
- COACH POSITIVE MOMENTS. FIND SOME MOMENTS WHERE THE PLAYERS HAVE COMPLETED WHAT YOU HAVE REQUESTED
- ALWAYS SAY HELLO AND GREET THE OPPOSITION COACH AND MATCH OFFICIALS - SHAKE THEIR HAND AT THE END
- ALL PLAYERS PLAY A MINIMUM OF 50% OF THE GAME TIME
- HAVE YOUR SUBSTITUTION GAME PLAN READY B4 THE GAME. NO PLAYER GETS LEFT BEHIND!
- ENSURE EVERYONE IN THE TEAM, ON AND OFF THE PITCH, SHAKE HANDS WITH OPPOSITION AND REFEREE POST-GAME

