

JUNIOR LICENCE

Hints on Preparing your Session



Organisation

1. Prepare the sessions before hand. Do not try to think of things as you go along.
2. How does the session fit into your overall strategy of improving performance? (No quick fix).
3. Be early, so that appropriate equipment (cones, bibs, etc) can be organised.
4. Greet your athletes as they arrive.
5. Get the athletes into action quickly without long verbal explanations.

Observing

1. Stand back and watch what is happening. Avoid getting involved with the group, you will not be as effective, and you can also get in the way.
2. Watch for faults, but do not stop the group unless they continually occur.
3. Watch for quality of performance, it may be used as a good example for praise.
4. Note whether faults are common to all groups or just to isolated individuals.
5. Be prepared to take notes if necessary.

Coaching

1. Always demonstrate what is required (if possible) and avoid verbal explanation in isolation. If you are unable to demonstrate, pick the right person in the group to do so for you.
2. Get the performers to understand the coaches language, for example, "Stop..... Can you do this?..... Watch me---Concentrate on this."
3. Instil into the performer that everyone can improve, however small that improvement may be.
4. Insist on quality of performance and see that your own quality is maintained.
5. Insist on attention when you are giving advice but ask yourself the question, "Are they inattentive because I am talking too much?"
6. Avoid generalities; be specific with your coaching points and instructions.
7. Always be ready to give praise. Coaching is not only finding faults.
8. Once standards have been set, stick by them.
9. Ask yourself at the end of the session;
 - a. Did they enjoy it?
 - b. Did they improve?
 - c. Are they looking forward to the next session?