

NSFA Community Coach Checklist

SAFE

Physically – Safe from debris and sharp objects?

Environmentally – Do players feel confident and comfortable?

Positive – Encouragement, trial and error

ORGANISED

Do you have a session plan?

Equipment?

Are you in the correct headspace to begin?

ENJOYABLE

Are your players smiling, having fun, focused?

This is the greatest feedback you will receive!

ENGAGING

Are all players involved in the session?

Inclusion

Avoid long lines, long drink breaks, confusing set ups, challenging tasks

Keep it simple and fun

When coaching aim to tick all the boxes each time you take to the field with your team:

Do you have a session plan?

If not, search FFA Coaching Resource or INSPIRE for something relevant

Greet the players on arrival?

Try and get to know something about your players outside of football

Does your session start within 90 seconds?

Use demonstration to 'walk and talk' players through the activity

Do players receive 300+ ball touches within the session?

Complete ball mastery and game based exercises to achieve this

Are players engaged and playing for 80% of the session?

Avoid long drink breaks, instructions and confusing set ups

Can you modify the practice to make it easier / more challenging / more fun?

Use the CHANGE IT principle to keep players engaged and challenged

Are all players involved in the session?

Inclusion. Equal ball time and turns at being attacker/defenders

Did you complete a session wrap up?

Ask the players what they learnt and enjoyed

Coach reflection:

KEEP DOING:

STOP DOING:

START DOING: