

Coaching/Teaching Techniques

Interaction with your players

1. Meet and greet your players at every practice (know their names)
2. See how their day is going
3. Let them know your expectations for each practice
4. Send them home on a good note

Coaching/Teaching Techniques

1. Take charge (you do not have to be an ogre)
2. Make sure to get all your players attention before you deliver your insights
3. Place yourself in a position so that all your players can see you and you can see them
4. Keep your information short and concise
5. When answering questions make sure the question is relevant to the situation
6. Eliminate horse play

Practice Plans

1. Use your time wisely
2. Move on when a drill is not working or you are satisfied that the drill has worked
3. Evaluate your practice so that your next practice includes skills that you need to work on

Drills

1. Make your drill multifaceted (Have several skills involved in your drill)
2. Keep the drill short and meaningful
3. Mix offensive and defensive drills where possible
4. Make drills fun where possible (competition is fun)

Questions and Answers: