

WHEN TO COMMUNICATE WITH YOUR PLAYERS

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Coaching is not just about how, what or why you communicate to your players.

It's WHEN you deliver your points that is key.

Here's 5 moments to use to enhance your player's learning:

As coaches, we naturally want to empower our players with the answers to succeed.

But, if we do this at the wrong time, they may never hear us.

Over-coaching is very common with younger players, and focusing on the WHEN to communicate will help improve your team's success greatly.



1) STOPPAGES OF PLAY



As a player, have you ever truly heard what any coach, teammate, parent or fan says when you have the ball?

The answer is probably no.

Do NOT coach a player in the moment.

Instead, once play is dead, give them the information quickly and simply.

2) PLAYERS IS NOT ACTIVE IN THE PLAY

Even if they are not on the ball, coaching someone in direct relation to the ball presents challenges.

It pulls their focus away from the game and how they can affect it positively.

Find moments where players are not involved to engage them.



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3) HALF-TIME

Lots of impact can be had here, but only if it is done right.

Do NOT overload the information in this moment, and do NOT do it immediately when they step off the field.

KEEP IT SIMPLE AND LIMITED, be precise with your words, and your players will retain respond positively.

4) PRE-GAME OR PRE-TRAINING



These coaching moments can be effective to really deliver key details for what a player or team can focus on.

Players are at their freshest mentally, and they can retain information easier.

It also helps to give them focus points for the match or session.

5) PLAYERS ON THE SIDELINES

A great way to connect with players is to talk through situations as they play out in front of them.

It helps paint pictures for them that they may see when they step onto the field, and it keeps them engaged, plus take ownership of their game.

By focusing on these five moments, you will be more effective about WHEN to coach your players.

It also gives you (as a coach) structure about when you need to watch the game and just enjoy the players making their own decisions.

