



# THINGS FOR COACHES TO REMEMBER

## TRAINING SESSIONS

- Ensure all training sessions are organised. Preparation is key, plan ahead and then then ensure you have the right equipment, courts booked, players attending and drills prepared
- It is important players understand what they are doing and why. Explain why you're practicing a drill in the context of game play
- Pay attention to each player, ensure each player understands the concept being taught
- Give the team the heads up on who the opponents are for the upcoming game, so they can prepare themselves.
- Know what time/court and your opponents for the upcoming game
- Remind the team where to meet for your pre-game warm up

## GAME DAY

- Smile and project a positive energy, your players will pick up on it and they will be happy & positive too.
- Have a game plan prepared, giving each player equal court time where possible. For Net-Set-Go each player should also experience each position
- Make sure your player hydrate. The best use of time is to speak to players at quarter/half time breaks while they have a drink

## BEFORE THE GAME

- Warm players up and pass out patches
- Speak to individual players about their position, including the role and responsibility of their position



### **DURING GAME PLAY**

- Offer encouragement to all player, emphasize any well executed play
- Watch out for any players that appear to be injured during the game and ensure they are rotated to a less taxing position or off if they need a rest and you have enough players to do so

### **POST GAME**

- Congratulate the players on a good game (doesn't matter what the score was)
- Collect equipment, balls, patches etc
- This would also be the best time to make any notes or reminders for your next training, while the game is fresh n your mind

**WELL DONE COACH!**