

FFA Workshop

Coaches workbook

**Better Coaches, Better Football**

**web: www.footballaustralia.com.au**



FFA ADVANCED PATHWAY

Coaching Workshop

MATCH

Pre-match and Half-time

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**‘Better coaches, better football’**

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| **Workshop Title:** | | **Pre Match/ Half Time Speech** | | | |
| **Date:** |  | **Venue:** |  | **Instructor:** |  |
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| Notes: Pre Match Talk | | | | | |
| Dressing Room Set Up:  Aids Used:  Positioning of players in the dressing room:  Roles of the Head Coach/Asst Coach  Information provided in the 4 moments:  BP:  BPO:  Transition:  BP-BPO  BPO-BP  Coach Behaviour in delivery:  Summary of Pre/Match Speech: | | | | | |
| 1st Half – Coach observations/In match analysis | | | | | |
| Coaches behavior:  Roles played by each coach:  Your observations:  BP:  BPO:  Transition:  BPO-BP  BP-BPO | | | | | |
| Half Time: Observations | | | | | |
| First 5 minutes:   * Any consultation with asst Coach: * Did the coach clarify thoughts * Did they identify the Key Aspects * Was there consideration of the delivery and changes and adjustments * Was there consideration to opponent’s likely response to 1st Half performance. | | | | | |
| Second: 5 minutes:   * Delivery of information * Explained changes and why * Asked for observations * Information overload? 3-4 bullet points made? | | | | | |
| Provide details relating to: | | | | | |
| Dressing room set-up  Aids used:  Positioning of players in the dressing room:  Roles of the Head Coach/Asst Coach:  Use notes taken during the half:  Information provided in the 4 moments: (Compare these observations to ones taken by you during the half.)  BP:  BPO:  Transition:  BP-BPO  BPO-BP  Coach behavior during the speech:  Summary of Speech:   1. Did the speech have the required effect? 2. Content and delivery of speech? Who, how, why? 3. Body Language/verbal language 4. Is the Language:   Towards = What can be gained or achieved  Or Away= what to avoid, what may cause problems   1. Dressing Room Atmosphere 2. Use of Aids (Visual, verbal, Seating, light etc.) 3. With what and how they leave the dressing room. 4. Management of the Time Frames: 5. Did the coach dwell on past? Or Kept their mind in the present and focused on the future? | | | | | |

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