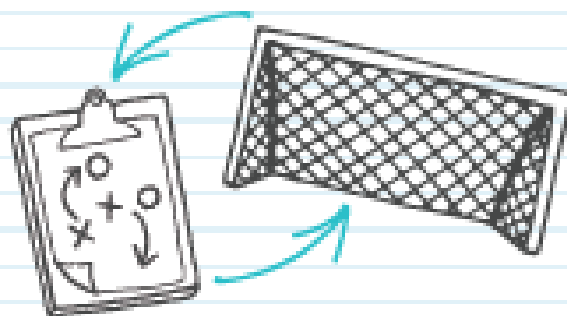


PLAN BEFORE THE MATCH

1

Set a learning objective for the game - link it to your recent training sessions.

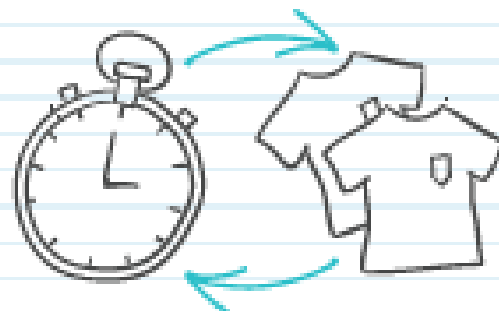


Create challenges that encourage players to work towards the objective - this could be individually or as a group.

2

3

Be fair: try to allocate equal playing time to each member of your team. A great way to do this is to plan substitutions or switch player positions.

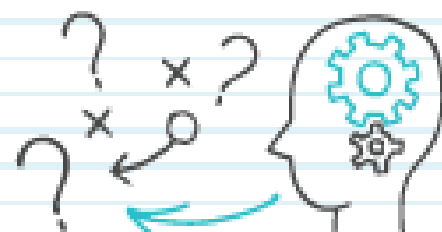


Plan what to say before, during and after the game. You may want to focus team discussion on your learning objective or other key messages.

4

5

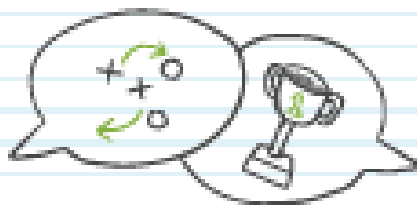
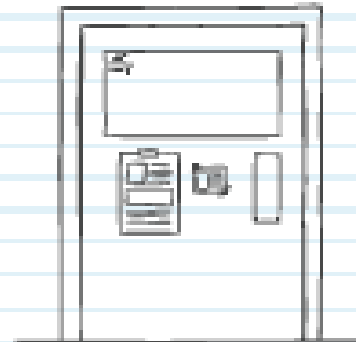
Plan opportunities for players to discuss how it's going and ask questions



DO AT THE MATCH

1

Create a match-day routine that's consistent and focused on development (naming the team, challenge cards in the dressing room, pre-match talk, warm-up).



Present your learning objective or player challenges clearly and encourage discussion, either in pairs or as a team.

2

3

Whilst you're watching the game, don't try and watch too many things - focus on the learning objective or challenges.



Recognise, reinforce and praise your team's positive behaviour.

4

5

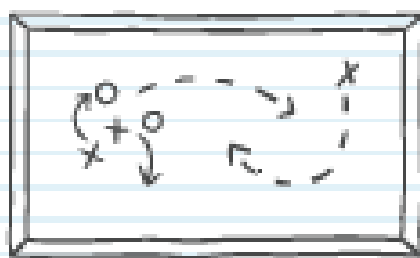
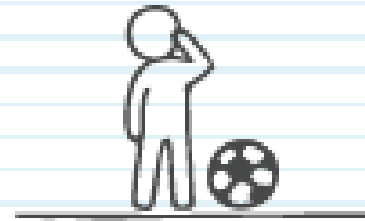
During breaks, prompt your players to discuss how they're getting on with the learning objective - and remember to provide unconditional support for your players - regardless of the score.



REVIEW AFTER THE MATCH

1

Give the players some time to be on their own as a group – match day can be an emotional time



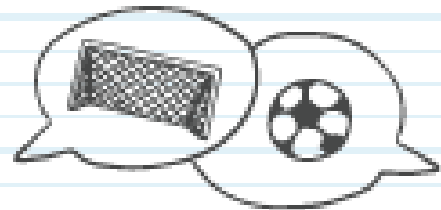
Recap the key messages that you communicated to your team before and during the game.

2

3

Give your players the chance to discuss how they dealt with the challenges that were set.

They can do this individually, in pairs or as a team.



Repeat your praise of any positive behaviour that has helped to achieve the learning objective.

4

5

Link the day's learning to what you'll cover in your next training session.

