



WVSC Principles of Coaching

Fun First Playing

- The game should be a core part of every session
- Coach with a smile and encourage your players to do the same
- Try and make everything a game (grouping players, collecting cones etc.)
- Children play sport primarily for enjoyment, to be with friends and to learn

Player Centred

- Understand the individuals in your group
- Developing the players takes priority over results or team outcomes
- Your sessions should meet the needs of your players individually and as a group

Learning Through Play

- Ensure lots of games
- Use direction and goals whenever possible
- Recreate street football by using small sided games & tournaments
- Allow the practice to flow, don't stop the play just to deliver a point to validate your position as coach

Keep Players Active

- Avoid queues and lines
- Allow for high level of repetition for every player in your practices
- Keep the ball rolling and your coaching interventions concise