

21 DAYS of Positivity

DAY 01
Enjoyment and Positivity

Try three things that make your session positive: Allow enjoyment, be positive and smile

DAY 02
How well do you know your Players?

Take some time to get to know your players better

DAY 03
This is a Safe Place

Think about how you react when a mistake is made, encourage creativity and experimentation

DAY 04
What do your Players want from Training

Fun, fitness or because they love it, consider the reasons your players are there

DAY 05
Make Matchday about Learning

Provide equal opportunities and focus on communication

DAY 06
How to deal with Winning and Losing

Look for opportunities to show how to deal with adversity and frustration with dignity and respect

DAY 07
Are you a Role Model

So much of young player's behaviour on matchday mimics that of the coach, refresh yourself with our code of conduct

DAY 08
Arrival Activities: Get Players Moving

Tag, small-sided games or movement activities are all fun, engaging and active ways to start your session

DAY 09
Routines and Boundaries

Having consistent coaching routines can help create a safe place for young players to learn

DAY 10
When are we Playing a Game

Small-sided games give players lots of touches of the ball and the chance to attack and defend

DAY 11
How to Include Goalkeeper in Coaching Sessions

What individual challenges can you give to your goalkeeper within a group practice?

DAY 12
Improving Strengths

Write down the strengths of five players in your squad? How can you challenge them to improve their strengths?

DAY 13
What are you Looking For?

More specific observation will lead to more specific and relevant feedback.

DAY 14
'Drop Off' 'Squeeze' 'Get Tight'

Having a consistent way of talking about football is one way to link training and matchday

DAY 15
One Size Doesn't Fit All

To get the most out of each individual try tailoring your training tasks for specific players

DAY 16
How to Work as a Coaching Pair

Defining coaching roles is crucial. If one coach 'leads' the session, the other coach is free to focus on individuals

DAY 17
Effective Observation

Stand back and carefully watch two or three players, what did you learn about the group you didn't already know?

DAY 18
Communication Styles

Using a variety of communication methods is one way you can cater for the different needs in your group

DAY 19
Countdown to Kickoff

Before each game players should be given the chance to: spend time together, warm-up and think about the game

DAY 20
Half-Time

Let players have a drink, ask their thoughts, pick out positive moments for praise, finish with a positive message

DAY 21
Full-Time

Is a chance for you to help the players make sense of the matchday experience, highlight positive moments and provide constructive feedback

