

3 STEPS TO BETTER COACHING INTERVENTIONS

When you stop a session to deliver a Coaching Point, you should **allow the players to:**

1 HEAR IT

Explain to the players what it is you want them to do, and why it is relevant to the session aims and objectives.

Always aim to be **clear** and **concise**.



2 SEE IT

The players have heard what you want, you should now show them.

Don't forget to **move the ball and the players** to explain your coaching point.

3 DO IT

Finally you should check for understanding by letting the players do what you have explained and shown them.

Start back at where you stopped the activity.

