

Group Management Techniques - Getting Organised

How to improve your team's performance without even catching a ball, sounds good doesn't it!. Well it is and we are here to help you along the way. Maximise your training time and there will be fewer distractions and interactions with parents and a quick turnaround from one activity to another. Use these techniques below on your road to success;

- At the commencement of training gather the team around yourself in a semi-circle (on the court) with their drink bottles
 - Ask the team how they are feeling; eg
 - Any injuries you should know about
 - Any feeling not well
 - Discuss with the team what the rules are around training;
 - Please arrive at training 10mins prior to commencement
 - Remember to go to the toilet before training
 - Remember your drink bottle and make sure it's filled prior to training commencing
 - Remember to tie your hair back so you can see the ball (some players prefer their hair out so long as they can see the ball)
 - Apply sunscreen prior to training as required
 - Nails should be short and smooth, jewellery off
 - Discuss with the team what in your training session eg;
 - Running Technique
 - Footwork (leading with the correct foot)
 - 2 pass types (underarm and shoulder pass)
 - Learning about the WA/WD and the court
 - Learning about the court area and lines of the court
 - Always give demonstrations of the skill you are presenting before you do anything else - they need to see what it looks like at the end.

Always have players gather in front of you when giving instructions and/or demonstrations - keep moving around your drills to view players from different angles

NB: Keep communication and demonstrations short and sharp, use cue words relative to key coaching points - reinforce them and use them on game day also.

- Discuss with the team - when the coach is talking they are listening

Players bouncing balls = Balls on Head, or two hands on the ball in a 'W' then place the ball on the stomach

Never talk over players. Wait until they are listening. Reinforce that a whistle blast means "Stop, look and listen" - use it! Or establish a key word to gain their immediate attention

- Establish bathroom break rules during training, they need to take a friend and point out where the bathrooms are, encourage this before starting activity.
- Ask the players to put their drink bottles on the sideline (if you have a drink bottle holder use it) also have the hand sanitiser in the same location.
- At the conclusion of the session bring the team in and discuss what skills were introduced, and when and where they can be used on the court. Players must be able to recite the key coaching points to you - if they can't, you need to review what's being said in your session.

Be patient, when it comes to footwork or any other learning, take it slow at first until they can do it technically correct, increase pace or intensity only when this is achieved. Did you know that leading on the correct foot can be implemented in everyday life?

- When walking, entering a room or leaving it, lead first with the foot closest to where they are heading - they can do this anywhere. Encourage the team to give you examples from their everyday life and remind them to practice every day.
- Use these techniques to organise your way to success and you will be making a major contribution to their wellbeing and development - watching them grow and having success is very rewarding.

**Use words of encouragement. Applaud all efforts referring to the skill specifically - only talk about what required and how to do it. Words like "don't, no, terrible, stop that" eliminate from your coaching vocabulary. Use statements like:
"Great Shoulder Pass Charlotte", "Charlotte!! Great Shoulder Pass", "Excellent big arms in defence Charlotte", "Good change of direction Charlotte"**