SELF

GIBBS' REFLECTIVE CYCLE
- Action plan
- Conclusion
- Analysis
- Evaluation
- Description
- Feelings

AUTHENTICITY
- My authentic self
- Confidence and self-belief
- Insights
- Reflection

BEHAVIOURS
- Organisation
- Observation
- Communication
- Management

KNOW MY PLAYERS
- Likes
- Dislikes
- More than a label
- Motivation
- Who they are
- Experiences

VALUES
- Fun
- Safe
- Friendly

KNOWING ME
- Strengths
- Growth
- Unknowns

GAME

PRINCIPLES OF PLAY

IN POSSESSION
- Penetrate
- Creativity
- Movement
- Support play
- Create space

OUT OF POSSESSION
- Delay
- Patience
- Press
- Provide cover
- Being compact
- Balance

PRACTICE SPECTRUM
- Unopposed
- Unopposed and interference
- Overload
- Match up

Technique ←→ Skills

PRACTICAL VALUES
- Directional
- Focused on playing forward
- Goal-orientated
- Opposed
- Varied

FORMAT
- Singles (1v1)
- Duos (2v2)
- Small sided (3v3 - 4v4)
- Match setup (5v5 upwards)

PITCH GEOGRAPHY
- Location on the pitch
- Pitch reference points
- Pitch realistic

(Central wheel)
- Meet players needs
- Make game appropriate
- Score more goals
- Prevent goals
- Learn from experience
- Not too easy/hard

COACHING
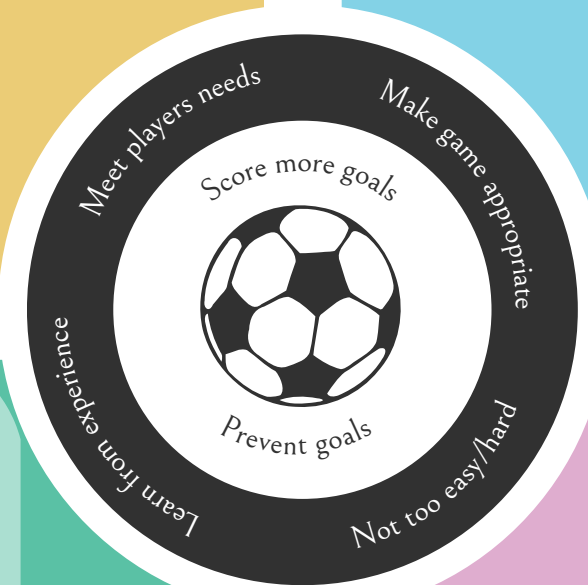
STEP MODEL (INDIVIDUALISATION)
- Space
- Task
- Equipment
- Players

SESSION PLANNING MODEL
- Why? - Learning activity
- Outcomes - Must, Should, Could
- Player engagement
- Coach behaviour

INTERVENTIONS
- Explain
- Demonstrate
- Imitate
- Practice

MANAGEMENT
- Behaviour
- Session
- Player
- Engagement

COACHING POINTS
- INTERVENTIONS
- How
- When
- Why
- REALISTIC PRACTICE

BLOOM'S TAXONOMY
- Create
- Evaluate
- Analyse
- Apply
- Understand
- Remember

STEP INS
- Coaching points
- Structured
- Coach in logical order

PLAYER

CAPABILITIES OF SKILFUL PLAYERS
- Scanning
- Positioning
- Deception
- Technique
- Movement
- Timing

LEARNING STYLES
- Visual
- Auditory
- Reading/writing
- Kinesthetic

BEHAVIOURS
- Thinking
- Feeling
- Doing

DECISION MAKERS
- Realism
- Repetition
- Responsibility

FOUR CORNERS
- Social
- Physical
- Psychological
- Technical/tactical

GOLDEN POINT OF LEARNING
Engagement & development

Difficulty