

# THE COACHING TOOLS



## OBSERVE

- Have I taken enough time to observe (during practice and games)?
- Have I observed from different positions?
- Is the skill safe (players)?
- What are the players trying to do and what is the outcome?



## INSTRUCT

- Is the information and task clear?
- Is the information and my language simple?
- Are the outcomes clear?
- Can the players tell me what they're about to do?



## DEMONSTRATE

- What will I achieve with my demo?
- Can everyone see my demo?
- What's my best option: Me? A peer? A player? A video (icoachcricket)?
- Which bit of the demo will I focus the players on?



## ANALYSE

- What are the players trying to do?
- What is the outcome and are they succeeding?
- Can I help them all develop super-strengths?
- Can I maintain the players' confidence whilst helping them develop?
- What will I do?



## PRAISE

- Am I praising the whole group or an individual
- What specifically have they done well?
- When is the best time to praise?
- Am I praising effort or performance?



## FEEDBACK

- What do the players need to know – what will I tell them?
- Is it about the outcome or the process?
- How will they improve because of it?
- Am I praising effort or performance?



## USE SILENCE

- What are the players trying to do?
- Are they on task and engaged?
- If I say anything now will it help?
- What else can I be doing when I am silent (observe/analyses)



## QUESTION

- What do I want to find out?
- Closed or open?
- What do I do with the answer?
- Can I develop the players self-awareness