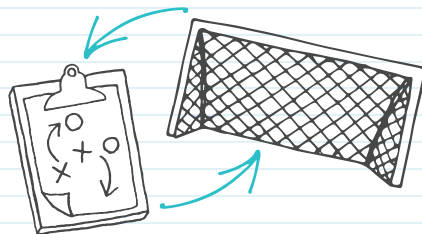


PLAN BEFORE THE MATCH

1

Set a learning objective for the game - link it to your recent training sessions.

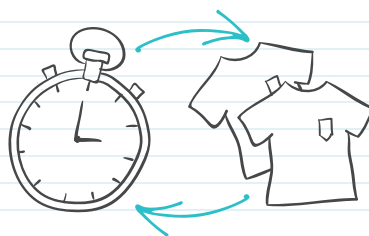


Create challenges that encourage players to work towards the objective – this could be individually or as a group.

2

3

Be fair: try to allocate equal playing time to each member of your team. A great way to do this is to plan substitutions or switch player positions.



Plan what to say before, during and after the game. You may want to focus team discussion on your learning objective or other key messages.

4

5

Plan opportunities for players to discuss how it's going and ask questions

