21 DAYS of Positivity

DAY 01 Enjoyment and Positivity
Try these things that make your session positive:
- Allow enjoyment, be positive and smile.

DAY 02 How well do you know your Players?
Take some time to get to know your players better.

DAY 03 This is a Safe Place
Think about how you react when a mistake is made, encourage creativity and experimentation.

DAY 04 What do your Players want from Training?
Fun, fitness or because they love it, consider the reasons your players are there.

DAY 05 Make Matchday about Learning
Provide equal opportunities and focus on communication.

DAY 06 How to deal with Winning and Losing
Look for opportunities to show how to deal with adversity and frustration with dignity and respect.

DAY 07 Are you a Role Model?
Some of your players’ behaviour on matchday mimics that of the coach, refresh your role with our code of conduct.

DAY 08 Arrival Activities: Get Players Moving
Tag, small-sided games or movement activities are all fun, engaging and active ways to start your session.

DAY 09 Routines and Boundaries
Having consistent coaching routines can help create a safe place for young players to learn.

DAY 10 When are we Playing a Game?
Small-sided games give players lots of touches of the ball and the chance to attack and defend.

DAY 11 How to include Goalkeeper in Coaching Sessions?
What individual challenges can you give to your goalkeeper within a group practice?

DAY 12 Improving 
Conditioning
Write down the strengths of five players in your squad. How can you challenge them to improve their strengths?

DAY 13 What are you Looking for?
More specific observation will lead to more specific and relevant feedback.

DAY 14 Drop Off, Squeeze, Get Tight
Having a consistent way of taking about football’s way to link training and matchday.

DAY 15 One Size Doesn’t Fit All
To get the most out of each individual try tailoring your training tasks for specific players.

DAY 16 How to Work as a Coaching Pair
Define coaching styles in pairs. How can coach ‘A’ lead the session, the other coach is free to focus on individuals.

DAY 17 Effective Observation
Stand back and carefully watch two or three players, what did you learn about the group you didn’t already know?

DAY 18 Communication Styles
Using a variety of communication methods is one way you can cater for the different needs in your group.

DAY 19 Countdown to Kickoff
Before each game players should be given the chance to spend time together, warm-up and think about the game.

DAY 20 Half-Time
Let players have a drink, ask their thoughts, pick out positive moments for praise, finish with a positive message.

DAY 21 Full-Time
Is a chance for you to help the players make sense of the matchday experience. Highlight positive moments and provide constructive feedback.