



For ALL



STARTING YOUR JOURNEY WORKSHOP 1: WHO WE ARE

Tonight's Presenters



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Workshop Outcomes

An introduction to the different reflective strategies you can use to create safe, fun and enjoyable football experiences for your players.

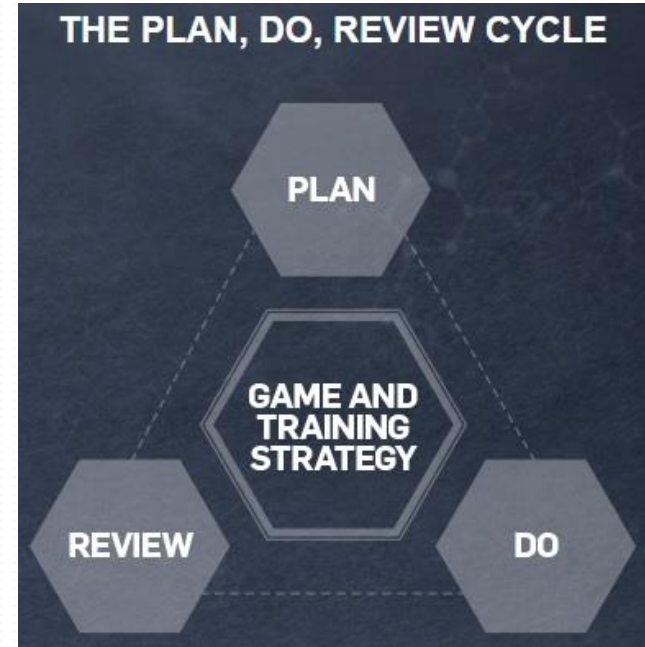
How to use the plan-do-review and long-term player-development models to reflect on the impact your coaching behaviours can have on your players' development.

How to build a picture of a philosophy for your club that reflects your coaching values.



In the chat box...

How much time do you spend on these 3 aspects of your coaching?



**PLAN
DO
REVIEW**

PLAN
DO
REVIEW



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PLAN
DO
REVIEW



REFLECTION



On action

In action

PLAN
DO
REVIEW



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On action

In action



Hot Review



Cold Review

PLAN
DO
REVIEW



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On action

In action



Cold Review



Hot Review



Why?
When?
What?
Where?
Who?
How?

Reflective Practice – What?

“ Being reflective is being able to learn from experience” (Moon, 2002)

Good stuff

Bad stuff

Most significant

Last thing we remember

Against philosophy

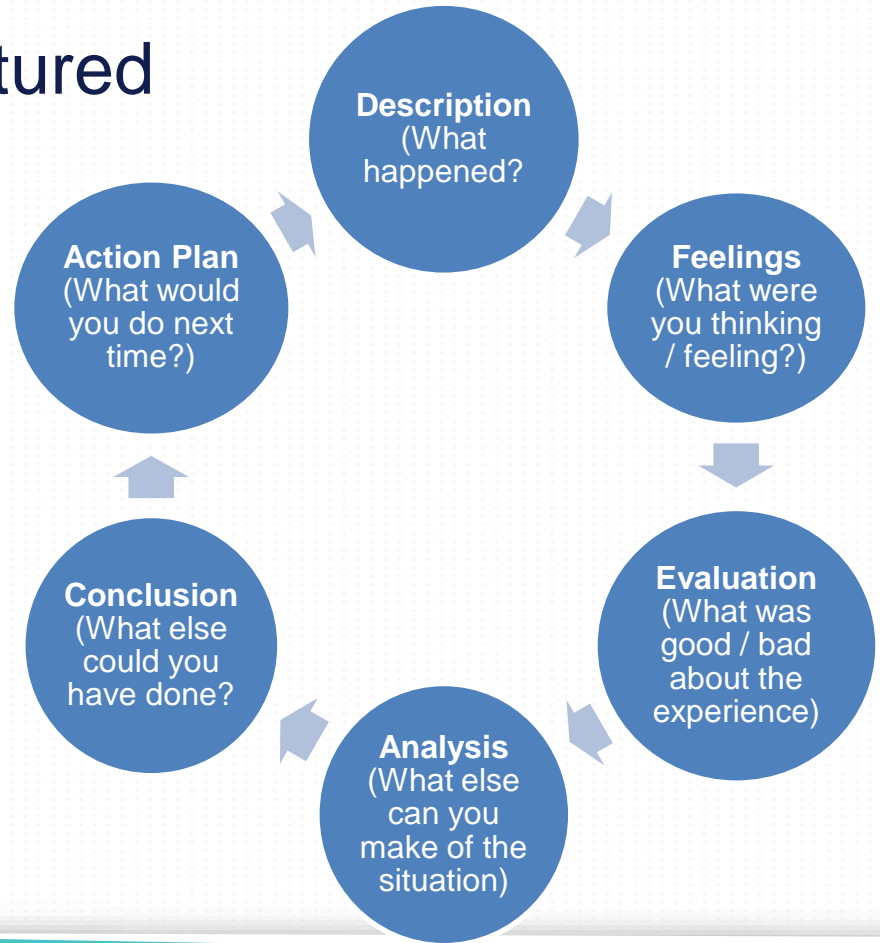
Own behaviours

Gibbs (1986) Semi-Structured Model

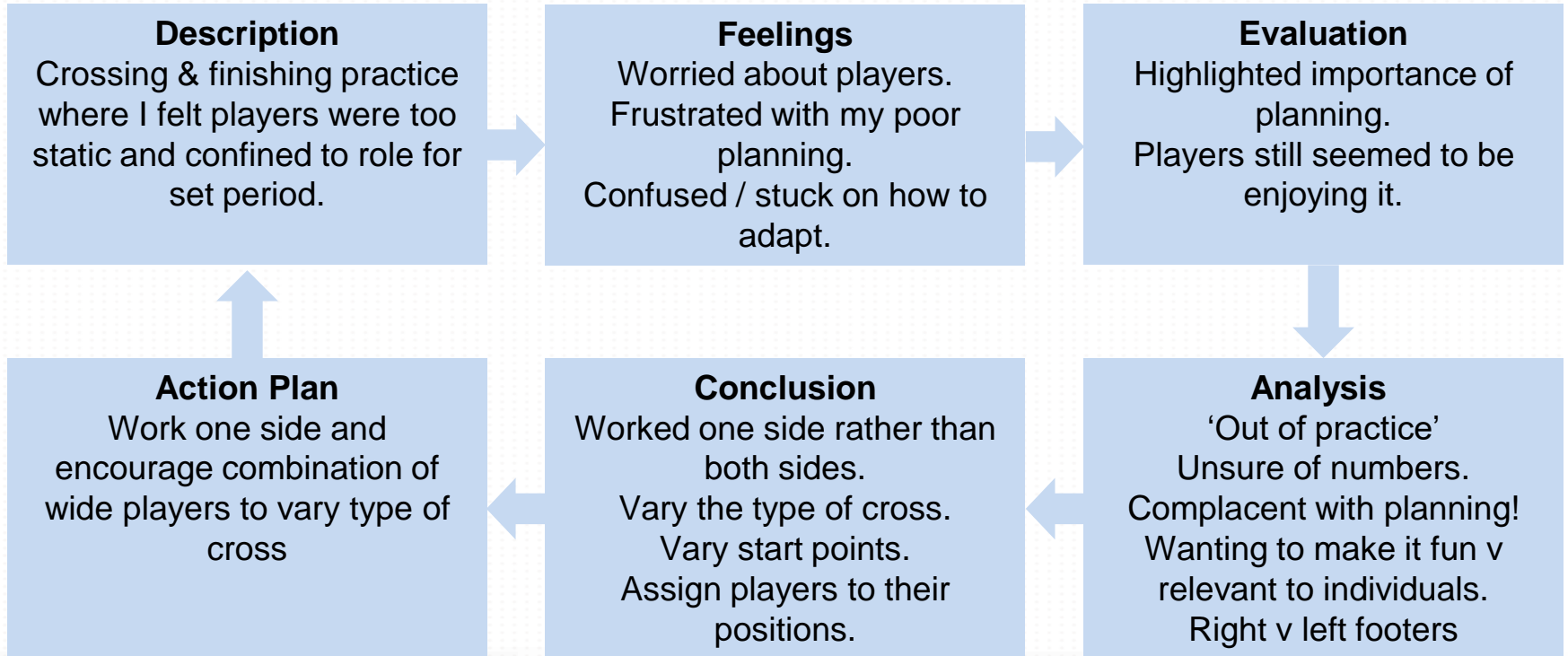
Key Considerations;

More detailed reflection

What, Why, So What?



Real Reflection!



Questions you may ask yourself?

How did that make you feel?

What went well and why?

How did you think things went?

If you had done x how would that have changed y?

What have we learnt?

What can we do to improve?

How could you have handled the situation better?

What can we take away for next time?

If the situation arose again what would you do differently?

What were other ways you could have overcome this?

What were you thinking when that happened?

STARS & STEPS TO HELP REFLECT



Reflection is a key part of coaching, so consider using:

'STARS' - 2 things that went well

'STEPS' - 1 thing that could be improved

Remember, the best feedback comes from your players, so ask them.

How can we reflect?

- Reflective Logs/Diaries
- Audio Apps
- Video diaries
- Discussion – Coach, Teacher and players
- Questions to be used as a framework for reflecting during the drive home
- Video sessions and reflect through watching the session back
- Asking players' perspectives on sessions
- Peer observation
- Coaches feedback

NEXT STEPS

Try a few things out in preparation for your next training session

Share some of tonight's ideas with coaches at your club

Let us know about your success stories

Spend some time on:

[The Boot Room](#)

[The FA Community](#)

[FA Learning - YouTube](#)

Contact Lawrence, Martin or Vinny if you would like more information around how they might support you moving forward

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