

But I'm a talented player, they'll learn by watching my movement?

The risk outweighs the reward - young players won't be able to replicate much of what a talented adult can do. If they must see talent, tell them to watch Match of the Day!

But I won't tackle or barge around?

Incidents will happen when you least expect it - just be not running or tackling it doesn't mean an injury won't occur. Our worst injury to a child has come from a coach who just took a shot!

What's at risk?!

You will not be covered by any insurance. You'll also have to live with the memory that your actions hurt a child, something that would be most adults' worst nightmare!

Can't I just be the person laying the ball off?

Every touch you have takes a learning opportunity away from a child. There is no practice that requires a coach to join in - get a midfielder to lay the ball off, exactly like they'll be doing on matchday!

I'll just go in goal!

There is really no benefit to this and you can still injure a child. Why not make the team with more players score with their first-touch, or put five passes together before shooting?

What about the parents vs players game?

Absolutely not. This is one of the most high risk activities you can do and puts children at risk. Be innovative with other ideas.

Did you know?

One incident saw a coach sued following them breaking a child's hip - it cost him over £10,000 in legal fees!

It won't happen to me!

It's a bit like being in a car accident - no one ever expects it to happen to them. Within seconds, you could be on the wrong end of a child with a severe injury.

Thinking of joining in when training young players?

DON'T.