

BUILD A POSITIVE TEAM AROUND YOU

By Gareth Southgate

The people around you all play a part in supporting the environment you are trying to create. They have to respect the way that you are working as a coach, and vice versa.

Together, you need to lead in a positive way and be able to lift people when they're down.

In a grassroots club, this might be other coaches or it might be the parents that are watching on the side lines. At a higher level, you may have someone looking after the medical side, or someone who is responsible for the welfare of the players.

It's important that everyone understands the role of other people on the team. Focus on the attributes that each person brings and how they contribute to the collective. A successful coach will be able to work collaboratively to bring the best out of a team.



INSTIL AN 'ANYTHING IS POSSIBLE' ATTITUDE

By Gareth Southgate

As a coach of a team, you're an important role model to those players and you have the opportunity to help them along the path of their life in a positive way. There's not much space for a pessimist in the role of a leader. Aim to foster a culture of encouragement and belief, rather than expectation

For young people, that could involve football but also their lives outside of football.

No matter their background, lots of people have achieved something in life even though they had a difficult start.

Under your stewardship, these young people have the opportunity to write their own future.

Thinking about what might go wrong can inhibit expression.

Why would you limit what they feel they are capable of?

NEED TO REPORT A CONCERN?

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NOTTINGHAMSHIRE FA RESPECT PROGRAMME



ENGLAND
FOOTBALL

CREATE THE RIGHT ENVIRONMENT

By Gareth Southgate

The first aim should be that everybody enjoys playing the game.

Enable your players to try things without fear of failure. They should be able to express themselves and their personality, to have fun with their friends and grow their love of Football.

Whilst you want to encourage them to be as good as they can possibly be, it has to be acceptable to lose.

Highlight the things people do well, rather than criticise mistakes or losses. People respond to positive affirmation rather than criticism, so deliver criticism in a way that is constructive and helpful.

A high ratio of positive to negative comments is recommended, in order to have the right impact. Very often the balance that people receive is the other way around.



LEAD BY POSITIVE EXAMPLE

By Gareth Southgate

Young people are still finding their way in life and are impressionable, so it's important that any coach working with any age group of players is able to lead by positive example.

Everyone reacts slightly differently in different moments, but it's important to demonstrate high standards of behaviour in your own interactions.

Be thoughtful and in control of your emotions when communicating with players because the message you think you've given and the message being received can often be misconstrued.

If that is a negative message, it can have a detrimental impact on a young person.

For example, a test is when you've been beaten, and how you deal with that. Be humble in victory and gracious in defeat. Or if a refereeing decision goes against you, consider that the way you react will set the tone for the behaviour of your team, as well as parents watching on. A high ratio of positive to negative

comments is recommended, in order to have the right impact. Very often the balance that people receive is the other way around.

UNDERSTAND YOUR PLAYERS

By Gareth Southgate

As a coach, your job is to help give young people confidence. The more you know about the players you are working with, the more you can help them enjoy their football and perform to the best of their ability.

Think about them as people first, before players. Getting to know about an individual's background, family and their personal circumstance can help you to understand their needs and to better motivate them.

Having a friendly disposition goes a long way in making you approachable. If you can demonstrate you have a real interest in developing and improving your players as people and footballers, it will make them feel important and encourage them to show their best.

