

JCR Football Coaching CPD: Creating a Thriving Environment for Players

Section 1: Self-Reflection – Understanding Your Current Coaching Environment

Instructions: Answer the following questions honestly to understand your coaching style and environment.

1. Describe the atmosphere in your sessions:

How would you describe the energy, mood, and level of player engagement in your typical training session?

2. Highlight your key strengths:

What are three strengths you bring as a coach that positively impact the players?

3. Identify areas for growth:

What are two areas where you believe you could improve to better support player development and confidence?

Section 2: Core Principles – What Makes Players Feel Like the Best?

Instructions: Reflect on and discuss with peers each principle, then answer the questions below.

1. Supportive Language

- Research shows that positive reinforcement builds confidence. Think about the words and tone you use during training.

- Reflection: How can you ensure that you give more positive feedback than corrective feedback?

2. Individual Recognition

- Players thrive when they feel seen and appreciated. Recognising individual effort and improvement can make them feel valued.

- Reflection: Describe a recent example where you praised a player's individual effort. How did it impact them?

3. Growth-Oriented Mindset
 - Focusing on improvement rather than just performance can boost motivation and resilience.
 - Reflection: How do you promote a growth mindset in your players? (e.g., Do you praise effort, improvement, or progress over results?)

4. Creating a Safe Space for Mistakes
 - Mistakes are part of learning. If players feel safe making mistakes, they are more likely to try new skills and push their limits.
 - Reflection: How do you respond to mistakes in training? How might you better show players that mistakes are a natural part of growth?

Section 3: Real-Life Scenarios – How Would You Respond?

Instructions: Read each scenario and write down how you would handle the situation to foster a positive environment.

1. A player misses an easy goal during one of your sessions?
 - How do you respond to help the player maintain confidence and learn from the mistake?

2. A player who usually excels has been struggling lately and seems discouraged.
 - What actions could you take to support their confidence and make them feel valued?

3. A new player is joining us for sessions, how can you make their first experience one in which they love?
 - How might you make this session enjoyable whilst also maintaining high intensity and them getting a lot from the session?

4. A player has a bad session where things are quite good their way and feel it's a rubbish session, how can you help them recognise the good that they did?
 - What words or activities could you use to help shift the focus back to effort, improvement, and next steps?

Section 4: Interactive Activity – Positive Coaching Language Exercise

Instructions: Write down phrases or language you could use that reflect positivity, encouragement, and constructive feedback.

1. Praise for effort and improvement
 - Example: “I can see how much effort you’re putting in; it’s making a difference!”
2. Reframing mistakes as learning opportunities
 - Example: “Great effort on that one, but let’s talk about how you can smash it next time. You’re closer than you think!”
3. Boosting confidence before practice
 - Example: “I believe in your skills—you’ve worked hard for this!”
4. Encouraging effort and work rate over ability or skill
 - Example: “The work rate you are giving me is great, can you try and push yourself to get that 1% more!”

Section 5: Action Plan – Applying Positive Strategies in Future Sessions

Instructions: Based on what you’ve learned, create a personal action plan to implement these strategies in your coaching.

1. Identify three strategies you’ll start implementing:
 - Example: “I’ll focus on using 70% positive feedback during practices.”

2. Set measurable goals for creating a positive environment:
 - Example: “Each week, I’ll recognise at least three players’ individual improvements, being really specific to each player”

3. Reflect on potential challenges:
 - What might make it difficult to create this environment consistently, and how will you overcome these challenges?

4. Outline ways to measure success:
 - Example: “I’ll gather feedback from players on how they feel during and after sessions to monitor the impact.”

Section 6: Peer Review – Sharing and Learning from Each Other

Instructions: Pair up with a fellow coach, share your action plans, and offer each other feedback.

1. Partner feedback on action plan:

- Are the strategies clear, and are they likely to impact players positively?

- 2. Suggestions for further improvement:
 - Any additional ideas your partner can implement to foster a positive environment?

Section 7: Final Reflection – Commitment to Positive Coaching

Instructions: Reflect on the worksheet and summarise your key takeaways.

1. Top 3 things you learned from this CPD session:
2. One immediate change you'll make in your next training session:
3. Long-term vision:
 - How do you want your players to describe your coaching style?