



# COMMUNITY COACH CHECKLIST

## SAFE

**PHYSICAL** – Are participants safe from debris and dangerous objects

**ENVIRONMENT** – Do participants feel comfortable in the playing area

## ORGANISED

Do you have a session plan?

Do you have equipment?

Are you in the correct headspace to coach?

## ENJOYABLE

Are participants having fun, smiling and laughing?

Do participants feel included in each activity?

## ENGAGING

Are all players involved in the session?

**Tips:** Avoid long lines, long drink breaks, confusing set ups and challenging tasks.

**Keep it simple and fun**

When coaching aim to tick all the below boxes:

- Do you have a session plan?**  
If not, refer to Football NSW Coaching Resources or FFA Resources for relevant activities
- Have you greeted the participants on arrival?**  
Try and get to know something about your participants outside of football – build rapport
- Does your activity start within 90 seconds?**  
Use short demonstrations to 'walk and talk' players through activities
- Do players achieve 100+ ball touches within the session?**  
Complete ball manipulation and game-based activities to achieve this
- Are players engaged and moving for 80% of the session?**  
Avoid long drink breaks, excessive instructions and confusing set ups.
- Can you change the activity to make it easier/more challenging/ more fun?**  
Use the CHANGE IT principle to keep participants engaged
- Did you complete a session wrap up?**  
Ask participants what they learnt and enjoyed at the end of the session

**WINNING  
is the  
LEAST  
IMPORTANT  
VALUE**

### SELF-REFLECTION (TO THINK ABOUT POST-SESSION)

Keep Doing:

Stop Doing:

Start Doing: