

# How to use observation as a coach



## How to use observation during training

Here are a few ways you can use observation effectively at training:

- To create an environment which helps players fall in love with the game, observe how your players react in your sessions.
- Keep a [clear focus](#) in mind. What you're coaching informs you of what to observe. So, when planning your session, think about what you're working on.
- When observing, look for who's struggling with the task and who needs stretching further. Think of ways to adapt the practice for them using the [STEP framework](#) (Youth Sports Trust, 2002).
- Observation can be about what you hear as well. Take the time to listen to your players. What are they talking about? What are they saying about the session? What's their tone of voice like? Use this to adapt the session or plan [interventions](#).

## How to use observation on a matchday

Here are a few ways you can use observation effectively on matchday:

- Observe what your players are like when they arrive. How did they get there? What's their body language like? What's their behaviour like?
- A lot is going on during a game. So, try to delegate observation tasks. Give a fellow coach, a parent or even your substitutes something to focus on and ask them for feedback. This can inform what you say during your team talks.
- Keep your training focus in mind to link what they've learnt in midweek to matchday.

## What to do with your observations after matchday

Give the parents or carers some questions to ask their kids on the way home. Link the questions to your learning objectives.

Consolidate what you observed and recorded. Don't let the result cloud your review. Think about what you worked on in training. Did you see it in the game? If you did, when did you see it? What happened? If you didn't see it, were there any reasons why you didn't see it?

