



MAXIMISE ENJOYMENT: OUR TOP TIPS



HAVE A POSITIVE AND RELAXED ATTITUDE

HOW?

- Smile – whether you win or lose
- Encourage your players
- Be patient, even when players don't 'get it'



MEET THE NEEDS OF YOUR PLAYERS

HOW?

- Ask players what they want to do
- Consider their feedback when planning sessions
- Use different rules to create ability-appropriate challenges



MAKE YOUR SESSIONS LOOK LIKE FOOTBALL

HOW?

- Maximise time on the ball
- Use activities that feel like real games
- Provide opportunities for players to work together