

The Football Association

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# COACHING INTERVENTIONS

(Methods)

YOUTH AWARD | MODULE 3

Coach Resource Document



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# INTRODUCTION

There is one FA Coaching philosophy which recognises the need for coaches to adapt to the ages and stages of development of the players in their charge.

Intervention strategies known as the 'Five Pillars' will be used selectively by coaches as appropriate. Each defined strategy will have greater or lesser relevance based on the situational dynamics (players, age group, situation, etc) with each intervention being unique, and therefore cannot be prescriptive.

The challenge for coaches is to pick the right intervention for the right player(s) at the right time.

***“Effective coaches are those who adapt their behaviour to meet the demands of their particular coaching environment.***

***Mastery of all different coaching methods and communication styles is the mark of a gifted coach and will be an essential requirement for the coach of the future.”***

Nash & Sproule (2009)  
Career Development of Expert Coaches



# 1. COMMAND

## PLAYER/COACH INTERVENTION:

Coach tells and shows required solution

## EXAMPLE:

“I want you to...”

## DESCRIPTION:

Coach tells, explains and shows how to do something



Provides examples/pictures | May set boundaries (standards/values)

Reduced creativity as may copy coach | May affect motivation (less choice)



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## 2. QUESTION & ANSWER

### PLAYER/COACH INTERVENTION:

Coach leads with a question to gain response



### EXAMPLE:

“What do you think?”

### DESCRIPTION:

Coach poses question and player(s) offer verbal solution



Encourages player reflection | Can deepen level of understanding/awareness

Open or closed may affect boundaries | Individual or group may limit response



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### 3. OBSERVATION & FEEDBACK

#### PLAYER/COACH INTERVENTION:

Coach and player(s) observe

#### EXAMPLE:

“Let’s watch this.”

#### DESCRIPTION:

Coach and players observe and discuss feedback



Positive feedback can develop confidence | Observe and review examples

Creativity may stop as praise wanted | Negative feedback may lower self-esteem



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## 4. GUIDED DISCOVERY

### PLAYER/COACH INTERVENTION:

Coach asks a question or issues a challenge



### EXAMPLE:

“Show me how to...”

### DESCRIPTION:

Coach challenges and players offer visual solution(s)



Gives players creative framework | Gives players ownership and guidance

May not get instant results | Motivation may dip if task is too difficult (or frustrated)



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## 5. TRIAL & ERROR

### PLAYER/COACH INTERVENTION:

Players and/or coach decide on the challenge(s)



### EXAMPLE:

“Try to...”

### DESCRIPTION:

Players are encouraged to find solutions with minimal support



Wider set/no boundaries | Deeper long term understanding

Needs patience from Coach | May need a reference point (if something new)



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# FOUR CORNER INTERVENTIONS

In the past coaches have predominately focused their coaching interventions on the technical and tactical aspects of the game.

Coaches in the modern game now work in a multidisciplinary environment where they must be able to support their players technically, tactically, physically, psychologically and socially.

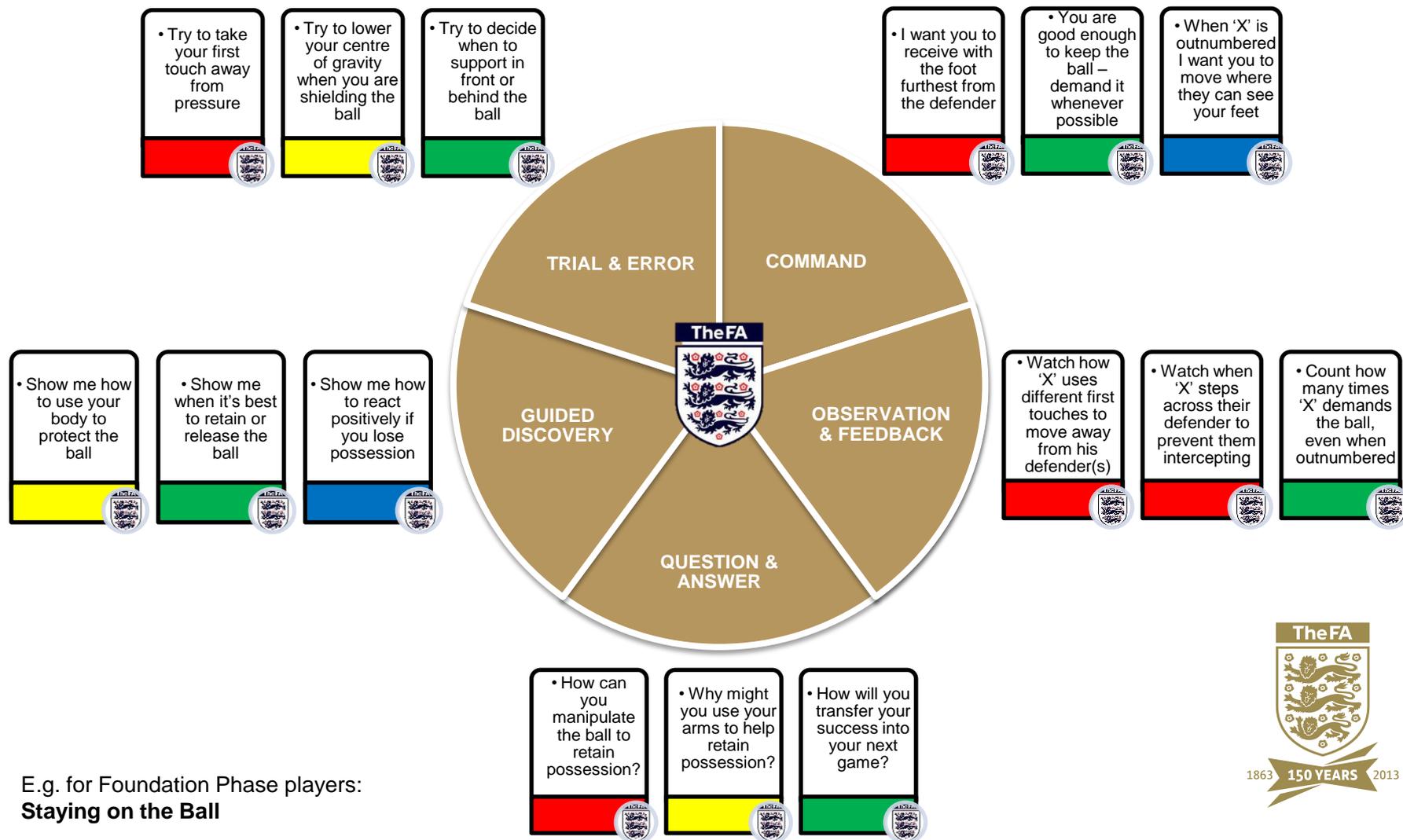
Communication is required across departments and specialist staff (i.e. Coach, Strength and Conditioning Coach, Physiotherapist, Sports Psychologist) to help interventions to focus on individual needs across the four corner model of Long Term Player Development.

An 'Intervention Wheel' has been used to visually represent how selecting an intervention strategy might look based on situation, circumstance and individual needs across all four corners.

It also shows that each method is equally as valid to begin; the slices of the pie then change dependent on all those factors previously mentioned.



# 'INTERVENTION WHEEL'



E.g. for Foundation Phase players:  
**Staying on the Ball**



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