

HOW TO THINK CRITICALLY AS A COACH



KEEP YOUR TEAM IN MIND

Get to know your players. Critical thinking begins with a deep understanding of your team. This allows you to adjust your coaching to suit their needs. For example, when you know your players, you can tweak a standard practice to help them develop – and have fun.

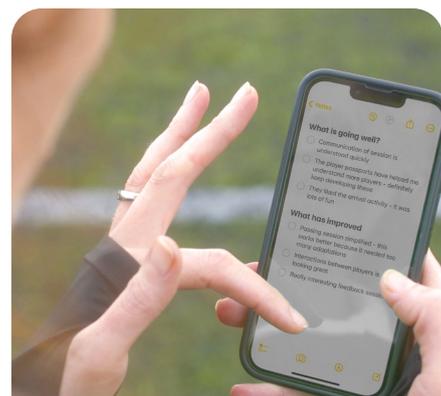
FOCUS ON LISTENING

Effective listening allows you to make sense of the opinions you gather. To improve your listening skills, consider using the acronym 'WAIT'. This stands for 'why am I talking', and is a helpful way to remind yourself to let others speak.



WORK WITH OTHERS

Accessing different opinions can help you to think critically. So why not give parents and substitutes things to look out for on matchday? A simple example is observing the opposition's strengths and weaknesses. After the game, ask everyone for their thoughts. Even if you disagree with their feedback, use the information they share to draw informed conclusions.



USE REFLECTION

Getting started is quick – and easy. For example, try making a few short notes during training or matchday. Write down what's going well and what could be improved. By reflecting each week, you'll build a record of experiences that will help you think critically about your coaching.