



COACHING FOR SUCCESS

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LEADERSHIP

You can never be another person, and you can never be another coach.

You can only be yourself.

To be a successful coach you have to create ***your own way*** to lead.



ROLES IN LEADERSHIP

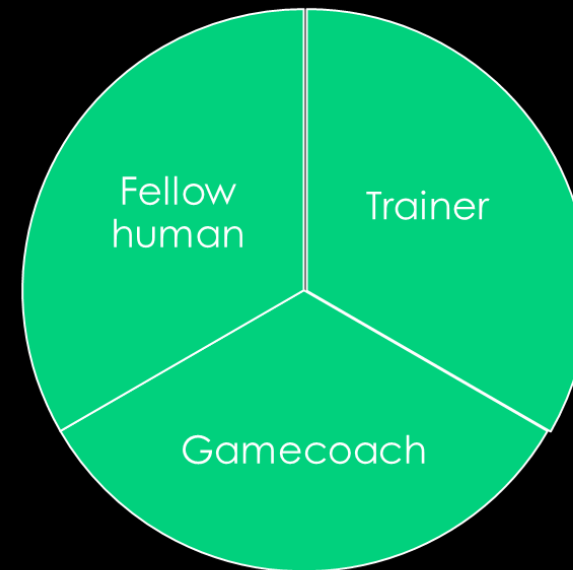
Fellow human: Social, friends, family, school, work etc.

Trainer: Teach, coach, motivate, discuss

Gamecoach: Coaching – no discussion

Let the players know your different roles.

COACHING



ACHIEVEMENTS

- GOALS
- MATCHING
- MOTIVATION

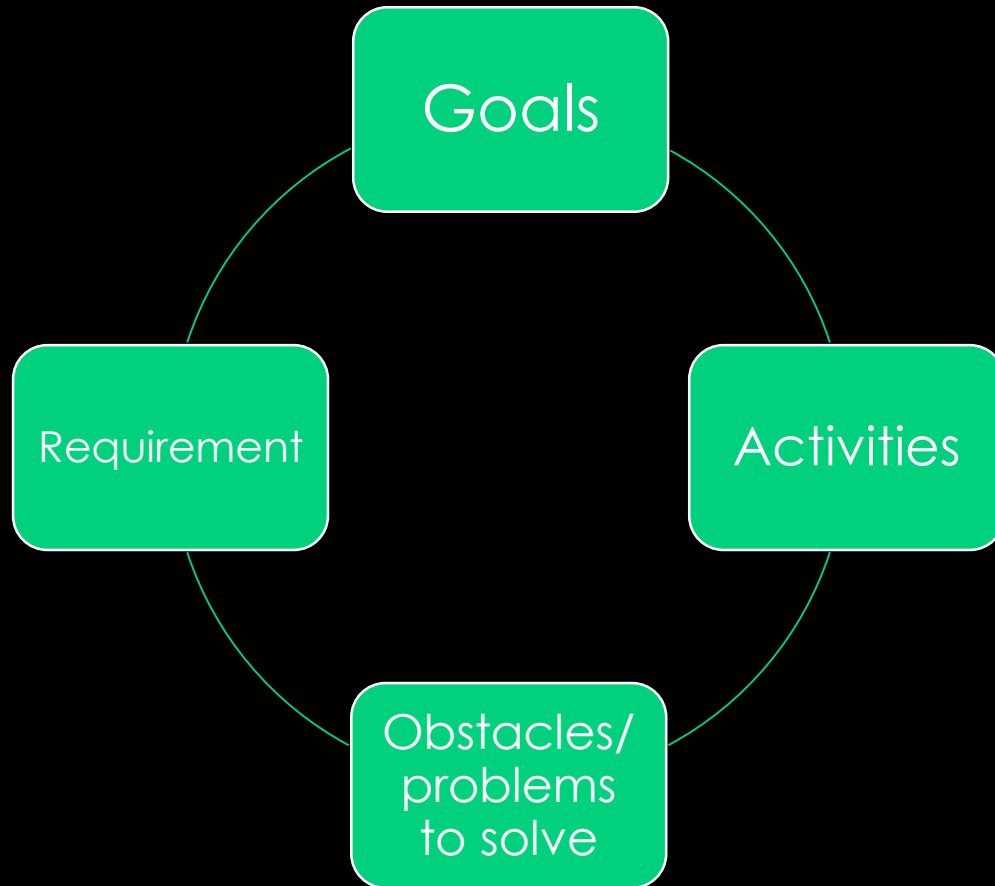


GOALS



- CLUB
 - COACH together with TEAM
 - COACH together with each player
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- Long term and short term
 - Realistic
 - Talk to the players
 - Evaluate

GOALS



Example

Goal: Win the league

Requires: More players in practice, players without injuries etc.

Problems: Practice too late in the evenings, players get injured,

Activities: Find other times to practice, practice differently during preseason

MATCHING

- Practice like game – play games!
- Practice what the team needs
- Practice what each player needs
- Always have the answer to the question WHY
- Some things is difficult to develop

DEVELOPMENT depends on
HOW you practice - not
HOW MUCH you practice



MOTIVATION



- CREDIT, FEEDBACK
- TEAM SPIRIT
- HAVE FUN

FEEDBACK

Best way to motivate
players will always be
positive feedback

You can never give too
much feedback



TEAM SPIRIT



Do other things together with the team (not floorball)

Let the players decide what to do and arrange it

Have fun during practice and games

RULES AND EXPECTATIONS

- Decide rules together with the team
- Same rules for all players
- What the coach expects from the players
- What the players expect from the coach



PLANING



Example: Ladies division 1

Preseason May – June (outdoor), 2-3 times/w

Individual training program July, 2-3 times/w

Preseason Aug – Sep (indoor), 3 times/w
including games

League October – Mars 2-3 times/w
excluding games

All together 100-130 occasions including
games

PICK THE TEAM

Which players will be on the team next game?

How do you tell the team members?

When do you tell the players?

No matter how you do it – let the players know how this will be done.



GOALIES



Do goalies need special treatment?
YES

For example

- Special drills
- Special instructions
- Special preparations before game

INJURIES

Most common injuries:

- Eyes
- Ankles and knees

To avoid and prevent:

- Use glasses
- Strengthen ankles and knees



HEALTH



A good health is necessary to perform well.

For example: Eating, drinking and sleeping correctly is important.

Don't take it for granted that the players know what to eat and drink before and after practice.

Make sure they know. You might have to teach them...

QUESTIONS?

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