

Training

Methods and didacts

Goalsetting

- Team

- Individual

10.000 hours rule

Yes, i am able to do it

- Result can be there, but it takes mental effort.
- How to give the players the skills the fastest?
- Repetitions
- Creating awareness

Yes, i can do it

- The skill is implemented in motorical program, it goes automatic.

What to say, (or not to say....)

- What kind of player ?
- Learning through mistakes?
- Result minded or proces minded?
- Over coaching.....

Positional work

- Global practice or define practice through position.

Show, Talk, just Do it!

Role trainer/ coach

- Breaking into sweat
- Have fun