

POSITIVE COACHING SCOTLAND

HONOUR OUR GAME

Teach everyone involved how to honour the rules, opponents, officials, teammates and self: (ROOTS)

- **Rules** - Encourage all young players to obey and uphold the rules and play the game fairly
- **Opponents** - Encourage all players to show respect to opposition - Play hard and play fair
- **Official** - Encourage all players to value a referee's role and always show respect
- **Teammates** - Encourage teammates to work together to achieve team goals
- **Self** - Lead by example by your manner and behaviour on and off the pitch

REDEFINE WINNING

Move the focus from results and league tables to succeeding and winning through effort:

- Sustained effort to achieve set goals – encourage players to work hard to achieve in whatever they do
- Don't focus on results, focus players to learn and improve to master skills and improve performance
- Mistakes happen – more important is that we encourage players to recover quickly.

FILL THE EMOTIONAL TANK

Build a young player's confidence, motivation and resilience:

- Encourage players to give praise and encouragement to their teammates
- Give positive encouragement of effort irrespective of result
- Encourage young players to be confident and brave
- Recognise that all players get nervous - praise, listen and support players to build confidence
- Model the good behaviour you want to see in your players through positive verbal and non-verbal communication on the pitch

ASKING THE RIGHT QUESTIONS

It is easy to praise great goals, assists, goal saving tackles but also look for the less obvious efforts that your child and other children are making. This will help create a culture where hard work is being recognised and rewarded. A great way to change focus from results to learning and development is to ask the right questions?

- Did you enjoy the game?
- Did you work hard?
- What went well?
- What did you learn?
- What could you improve next time?

This will help build confidence and focus the young players on working hard to achieve and develop.



Peebles Football Club

This document sets out our aims and objectives as a club. It describes how we expect all members of the club to act in support of our aims and it sets out the behaviours which we expect all in our club to aspire to.

PHILOSOPHY AND
CODE OF CONDUCT

MISSION STATEMENT

Our mission is to provide opportunities for all young people in Peebles and the surrounding area to play football in an environment that is safe and enjoyable, and to allow all children to develop and improve to the best of their ability. Our principle philosophy is the provision of a safe and supportive community based environment, which encourages skill development, fitness, fair play and teamwork.

AIMS

- To be open, inclusive and welcoming to all children and young people who want to play football regardless of ability, race, religion, disability, gender or sexual orientation.
- To ensure that all our coaches have taken the appropriate training and become members of the Disclosure Scotland PVG (Protecting Vulnerable Groups) Scheme.
- To run squads for every age group and to run as many teams as possible in the larger squads.
- To actively recruit as many coaches and helpers as necessary to run the squads, teams and other club activities.
- To develop the footballing potential of all to the best of their ability.
- To create a positive sporting culture and to provide and maintain a club structure that makes this happen.
- To communicate effectively with all members, parents, coaches and the wider community.
- To use the football club as a means to engage the wider community.

KEY COACHING THEMES AND BEHAVIOURS

	4'S AND 5'S (P1-P4)	7'S (P5-P7)	11'S (S1-S6)
THEME	passing, receiving, skills, games, fun	passing and receiving, finishing, possession, attacking in 1s and 2s, defending in 1s and 2s, introduction of goalkeeping, fun	attacking: switching play, crossing and finishing defending: pressing as a team, defending as a unit possession: good first touch, one or two touch, create and use space, fun
BEHAVIOUR	patience, enthusiasm, quick and minimal coaching points (keep kids active)	patience, enthusiasm, ask questions (guided discovery), accept mistakes, more detail in coaching points	high standards, patience, enthusiasm, ask questions, relate sessions to game, players understand purpose of the session

HOW PEEBLES FOOTBALL CLUB PLAY THE GAME

Regardless of whether your team is playing 4s, 5s, 7s or 11s it is important that we have a style of play that reflects our philosophy. We want to see all our teams:

- play out from the back – encourage players to want the ball from the keeper in defensive third
- build through the thirds – be confident to develop play – look for opportunity to counterattack
- be creative, particularly in the final third
- show a desire to win the ball back wherever it is on the pitch
- never give up
- have fun and enjoy the game



CODE OF CONDUCT

RESPECT

- | PLAYERS | COACHES | PARENTS |
|--|--|---|
| <ul style="list-style-type: none"> ✓ all officials, players, staff and parents ✓ refereeing decisions ✓ shake hands after games | <ul style="list-style-type: none"> ✓ all officials, players, staff and parents ✓ refereeing decisions ✓ shake hands after games | <ul style="list-style-type: none"> ✓ all officials, players, staff and parents ✓ refereeing decisions ✓ children's right to have fun and enjoy themselves ✓ let them play their game ✓ let the coaches coach |

PATIENCE

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|--|---|---|
| <ul style="list-style-type: none"> ✓ be prepared to make mistakes as you try to learn new skills ✓ don't give up but keep trying ✓ help other players who may not be as good as you | <ul style="list-style-type: none"> ✓ understand that players develop at different rates ✓ understand that to improve players have to make mistakes ✓ look for opportunities to develop players by coaching | <ul style="list-style-type: none"> ✓ understand that players develop at different rates ✓ accept mistakes as a means by which players develop |
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REWARD

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|--|---|---|
| <ul style="list-style-type: none"> ✓ teammates who try to do things differently ✓ teammates who don't give up ✓ teammates who help you after you make a mistake | <ul style="list-style-type: none"> ✓ players who work hard regardless of ability ✓ players who keep trying ✓ positive sporting behaviour from all* | <ul style="list-style-type: none"> ✓ players who work hard regardless of ability ✓ players who keep trying ✓ positive sporting behaviour from all* |
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ENCOURAGE

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|---|---|---|
| <ul style="list-style-type: none"> ✓ your teammates after they make a mistake ✓ YOURSELF! Be brave about trying new skills | <ul style="list-style-type: none"> ✓ players to express themselves during training and matches ✓ players to be brave ✓ players to have fun | <ul style="list-style-type: none"> ✓ players to express themselves ✓ players to take lead for their own development ✓ players by asking the right questions* |
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*See Page on Positive Coaching Scotland

