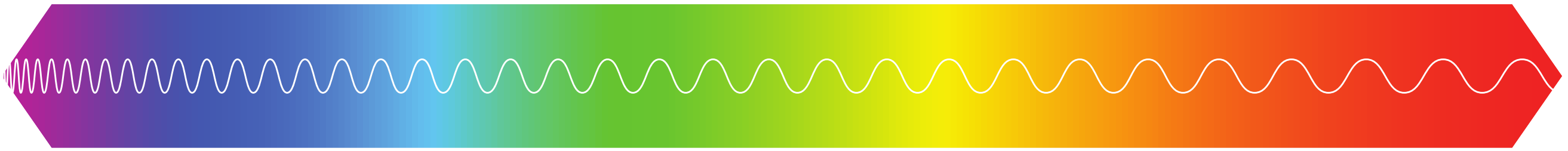


THE COACHING SPECTRUM



- No two children are the same
- EVERY child will fit somewhere across the practice spectrum
- Some will need extra support (**Super Powers**)
- Some need extra challenges (**Constraints**)
- Others fluctuate from the middle up and down and must be observed constantly
- The spectrum is fluid because behavior and environments are fluid
- We can tailor our responses to the spectrum within the games we play!

<u>Super Powers</u> (For Strugglers/Inexperienced Players)		<u>Constraints</u> (For Flyers/Experienced Players)	
Super Power	Consequence	Constraint	Consequence
Freeze Pinnie	Players can carry a pinnie or 2 to tag opposition players on the ball. Tagged player must freeze for 5 seconds	1 Touch or 4 Touches	When on the ball player can play one touch or 4. Aim is to challenge decision making and stay on the ball if in doubt
Tackles = Goals	Every tackle is a goal. (Can make it easier to touch the ball trying to tackle is a goal)	Weight Lifter	The player must carry two balls while playing. Now physicality is removed how can they be as effective in a game
Restart Headstart	At their restart of play they get 3 seconds of free play	Score in 4	Player has 4 seconds to score when on the ball. More than 4 = free kick or goal to the other team (can be adapted to pass etc)
Goals = triple	Their goals are worth 3 how do they and their team mates use this?	Goals = 1/2	Players goals are only worth 1/2. Do they double their work or share the load with other players
Instant Replay	Player gets 5 instant replay cards. Make a mistake? Miss A Chance? Replay! When and how do they use them??	Long Range Legend	Can only score outside a specified areas
Can't Touch This	Player cant be tackled. How do they and their team mates use the super power?	1 Touch Finish	Can only score with one touch. How can they create situations, use spaces support players to score