

PRACTICAL CLASS DAY 5

Today we will continue with the groups from yesterday where we were creating a training session.

To what was created yesterday, we will add:

- We will prepare potential questions that we can ask during reflection breaks. What do we consider that we can potentially improve and how can we focus that improvement in the form of a question?
- We will also consider possible short questions that we can use as interventions during the exercise.
- We will prepare the post-training talk.

Once the session is planned, we will go down to the field.

Note: Ideally, we will place each group of 2 or 3 coaches with a team of "real" players. We can ask for collaboration with a local team or even carry out this part at different times to be present in each of the sessions.

The ideal is for each group to carry out the complete session from start to finish.

If this is not possible, each group will be in charge of an exercise.

We will focus especially on feedback. How we talk to the players, how we ask questions, and the patience of not getting the right answer.

Final talk:

We will recall the most important thing about today's class, which is perhaps the most important class of the course.

Today we have talked about:

- Feedback and Guided Learning.
- Consequences of Inadequate Training: less confidence, less knowledge, and less independence in players.
- Measuring Success as coaches: Teaching problem-solving, empathizing with player needs, and promoting longevity and enthusiasm in learning.
- Feedback Focus: Not giving direct solutions, the value of asking good questions, and how to treat errors.
- Feedback and the Value of Error: Error is an opportunity to learn. Reflect on mistakes and successes.

We remember the final words in class, we propose here another "speech", adapt this as best suits you and the class:

Continuous training is essential, as is constant learning and training in our role as coaches. However, be careful not to fall into the trap of over-information.

It is common for many to immerse themselves in videos, tutorials, courses, and free online resources. But there is something essential that we must not forget: knowledge without action is like hidden treasure; it exists, but it is not used. Of course, it is essential to soak up educational content and participate in training. However, the key is to bring that knowledge to the playing field. It makes no sense to read countless texts if we do not apply what we have learned.

It is clear that having a solid theoretical base is crucial. It is necessary to understand our actions, have clarity about the appropriate techniques for each age, and know the key elements in each skill or tactic. But theoretical knowledge is just one piece of the puzzle.

The essence lies in experience, in facing challenges, learning from our mistakes, and reflecting on our actions. It is essential to recognize that every mistake is a door to learning, whether it is a mistake by our players or our own. We all stumble. Sometimes, the slips are minor, like forgetting the equipment in a session. But every mistake is a disguised opportunity, a step towards growth, both personally and for our players. To learn, it is necessary to make mistakes and experiment.

We must remember that our role goes beyond that of simple coaches; we are trainers. We seek to make players passionate, understand the collective essence of the sport, and recognize the importance of collaboration and individual effort.

It is essential that they understand that discipline is a tool, not a punishment. A tool that allows them to achieve goals and maintain focus. It is our duty to guide them towards autonomous discipline, where they feel motivated and in constant improvement.

Our impact as coaches goes beyond the four lines of the field. If we instill values, respect, leadership, and problem-solving, these skills will accompany them in all facets of their life.

Our mission is great. We not only train athletes but also integral individuals. And that task, dear colleagues, is one of the noblest and most enriching challenges we can face.

I wish you the best on your journey.