

The following techniques will help you add an element of fun as well as create plenty of opportunities to challenge your players whether you're training children or adults

1. Add an Element of Fun

Add an element of fun to your training activities so your team members don't lose interest.

Come up with activities where every player participates or add a new element to regular drills such as throwing ball to other players while doing hopping drills or adding free flow time to your session.

2. Create a Challenge

Challenge players to kick the ball harder, shorten the time needed to run the length of the field or ask them to do an extra set of drills.

3. Let the Players Guide the Session

Allow players to decide what they should focus on during training every once in awhile. This allows them to make their own decisions and shows them you're willing to take their input and creates trust between you and them.

4. Don't Neglect Individual Aspect

Make sure each player understands that the entire team play depends on the actions of individuals whose actions play a role on the overall outcome. Work on improving player interaction so each team member knows how to react while you as the coach learn how to communicate with individuals and adjust your coaching style to their manner of play.

5. Turn Mistakes Into Learning Experience

Use mistakes as an opportunity to grow together as team and have a brief discussion on what went well, what was hard, what could improve. Provide support and leadership for your players at all times to ensure their motivation stays high.