**5 Coaching Tips for 2015**



**Wipe those bleary eyes**, 2015 is upon us and now is the time to make this the *year of the coach*.

2015 - year of the coach - é«è²æç·´çä¸å¹´  
2015 - The year of the sports coach

In actual fact this year will be the Chinese year of the goat, which starts on February 19th, but don't let that distract you. Follow my 5 simple tips to make sure your team have the **best possible start to their season**.

1. Go back to basics

Treat your return to the playing field / court like a **second pre-season**. Your players' basic skills can never be too strong, so strip your trainings down and work on those fundamental skills if you want to have a successful start to this year.

2. Keep things simple

Too many cooks spoil the broth, right? Well the same applies to training sessions. If you try and **cram in too many practices** you're going to overload your players.

Instead pick out 3 or 4 practices to improve a specific part of your team's game. Make it clear how the skills being worked on relate back to the game.

3. Make it social

This is number 3 on my list, but I actually think this is the **most important piece of advice** for a coach. For a team to play well together they need to bond, trust one another and want to work towards the same shared goal.

To build a more cohesive squad you should plan social activities outside of your regular practice. **The start of a new year is a great time to do this** - if the weather looks bad why not cancel training and...

*Book a lane at the bowling alley  
*Go and play laser tag  
*Plan a fundraising event for your club / community

4. Stay fit

Low batteryGood fitness levels can make the difference between driving out a win or losing in the last 10 minutes, as players fatigue and make silly mistakes. Because of this be sure to **dedicate a solid chunk of your training schedule to fitness work**. Try to keep it fun to encourage participations - I've included some suggestions for you to try below:

All sports: [Illinois Agility Run](http://www.sportplan.net/drills/Agility/Speed-Footwork/Illinois-Agility-Run-Test-AgilityA1.jsp)  
*All sports: [SEMO Agility Drill](http://www.sportplan.net/drills/Agility/Speed-Footwork/Modified-Southeast-Missouri-SEMO-agility-drill-SEMO-Agility-Test.jsp)  
*Netball: [Shooter shuttles - running and shooting race](http://www.sportplan.net/drills/Netball/Shooting/Shooter-Shuttles-NA0015.jsp)



5. Keep spirits high

Keeping energy and morale high at training isn't just the responsibility of your players. A lot of the responsibility falls squarely into your lap.

Players don't care how much you know, until they know how much you care.

Have a lot of enthusiasm in every session you teach. **Do this and your players will feed off it**. Yes, players want to win trophies and improve their game, but most importantly they want to have fun, learn and play with their friends.

Ultimately that's why we *all* play sport, to have fun, to learn and to play with our friends. Don't lose sight of this. As it's the start of the year as coach you're going to need to get involved this week - no standing on the sidelines at training - enjoy it and your players will too.