

## Some ideas for your role as a Coach

*The aim: To create transformational coaches*

- As a coach, the Silent Support Weekend is an excellent opportunity for you to support and guide the players to make the most of this experience.
- If you want further support on how to approach the weekend, there is plenty of content available on the England Football channels, such as:
  - [England Football Explore Learning](#) (including: session plans, courses and more)
  - [England Football Learning YouTube Channel](#)
  - [The Online Coaching Community](#)

## Some ideas for coaching the Players

*The aim: To develop more skilful players*

Silent Support Weekend is an excellent opportunity for the players. As a coach, when it comes to supporting your players consider how to:

- **Let them play** – help the players to own their space on the pitch and connect with each other.
- **Let them lead** – give the player's the opportunity to step-up, feel empowered, and develop key leadership skills. This will empower player voice and player choice.
- **Let them learn** help them to link the learning together by combining what you've been working on in training week to week with the weekend itself, and then continue with this in the future after the weekend

## Some ideas for working with the Parents

*The aim: To provide inspirational opportunities*

Parents play a crucial role in providing inspirational support for the players

As a coach, you may want to:

- Explain the weekend itself may look messy and chaotic at first, but reassure them this is for the benefit of the players
- Let them know there are different roles for parents compared to the roles for coaches and by working together you can create the best space for the players.
- Remind the parents that a key role is continuing to create an enjoyable, encouraging space with applause for both teams

*All three of these roles are interlinked and dependant on one another*

### Preparing for the Weekend

- Consider messaging the opposition coach in the build up to SSW, outlining your ideas for the weekend, and see if there's any way to collaborate, so you can set the right environment for the weekend.
- You could consider which elements you'd like to see for each player and the team as a whole

### During the Weekend

- You may want to run a combined pre-match team talk with all parents collectively
- Take the opportunity to stand back and watch your players and see how they cope with a different environment.

### After the Weekend

- Reflecting on learnings from the weekend, how to carry into next weekend



- In training, discuss with the players the upcoming opportunity with SSW
- Consider what role the players might want to take in the weekend that builds on what they've practiced in training e.g. helping pick the team, managing substitutions, talking about tactics etc.

- Encourage and make space for the players to express themselves in their role within the team e.g. they might want to help with substitutions, the half time team talk, tactics etc.

- Try to ask the players what they thought of the weekend. What did they like or dislike about it?

- Consider sharing some of your thoughts for the weekend on a WhatsApp group with the parents
- For example, that this is an exciting opportunity for the players to practice new skills, and how you're planning to help the players showcase these skills
- You may want to direct the parents towards the free **playmaker** resource prior to the weekend to help them understand some of the techniques you'll be using

- Try to run the pre-match team talk in front of parents so that they're aware of what the team is trying to achieve during the game

You could give the parents some questions to ask their children after the game

- What did you like about the match?
- What do you think you did well today?
- What will you try to do differently next time you play?