



## ON THE FIELD

WHAT - TEACHING ACTIONS	PURPOSE OF THE ACTION	WHEN - THE MOMENT OF APPLICATION
<b>CHECK - ADAPT</b>	<ul style="list-style-type: none"> <li>Observe and check the created situation on the field, adapt if necessary based on the Five Elements of a Training Activity</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing</li> <li>In the flow (sideline coaching)</li> <li>Planned stoppage (break)</li> <li>Natural stoppage (ball out of bounds)</li> <li>In the situation (freeze)</li> </ul> <p>The application of coaching actions can be a single action or combined actions during different moments.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>In the situation (freeze): combination of demonstration, Q&amp;A and feedback</li> <li>Planned stoppage (break): Q&amp;A and encourage players to focus them</li> </ul>
<b>GIVE POSITIVE REINFORCEMENT</b>	<ul style="list-style-type: none"> <li>Reinforce effective actions in order to use it again in similar situations</li> <li>Motivate players</li> </ul>	
<b>USE OF KEY WORDS</b>	<ul style="list-style-type: none"> <li>Encourage and support players to focus on cues and/or desired behavior</li> </ul>	
<b>ASK QUESTIONS</b> (and collect answers)	<ul style="list-style-type: none"> <li>Use guided questions to force players to think about cues and/or desired behavior</li> <li>Check for understanding</li> <li>Reflect</li> </ul>	
<b>DEMONSTRATE</b> (player and/or coach)	<ul style="list-style-type: none"> <li>Model desired behavior</li> <li>Visualize the situation</li> <li>Check for understanding</li> </ul>	
<b>GIVE FEEDBACK</b>	<ul style="list-style-type: none"> <li>Collect information on players' behavior related to the objective of the activity</li> </ul>	
<b>COMMAND</b>	<ul style="list-style-type: none"> <li>Tell players what to do</li> </ul>	
<b>APPLY THE LEARNING CIRCLE</b> (as a concept)	<ul style="list-style-type: none"> <li>Use a combination of coaching observation and player reflection to get players thinking about and/or modeling the desired behavior and applying their newly learned abilities</li> </ul>	

