



## **Tips & Tricks for u6 – u8 Management & Coaches**

1. Coaches should wear a high-vis jacket to distinguish themselves to the players.
2. Prior to the first session, each player should be asked to put their name clearly on the front of their helmet, they should also write an R or L on the base of the hurl to indicate if the player is right or left-handed.

### **1<sup>st</sup> session**

1. Gather the players together away from the parents who may be standing nearby. This helps to ensure the players are listening to you.
2. Ask each coach to introduce themselves to the players and tell them a little about themselves.

### **Throughout the sessions**

1. Designate a coach (where numbers allow) to walk between the drills and assist on skill correction & to gather an overall understanding of how the drills are going, what's working well, what needs adjusting.
2. As the year progresses, it may be appropriate to separate players based on abilities when working on a specific drill or to allow greater participation in games. This must be carefully managed & only done to enhance the potential & abilities of all players. Players can move between groups based on progression and depending on the drill being focused on.

### **Games & Blitz's**

1. Wherein possible, maintain a team size of between 4-6 for the blitzes, this allows greater participation from all players.
2. As you get to know the players abilities, aim to set up the teams with the same level of ability/maturity. Children of the same age vary considerably in biological maturation with some individuals maturing in advance or delay of their peers. Reference Bio-banding for more information.