

Table of Contents

Chapter 1 : The role of psychology in football	1
The widening role of the modern day coach	1
Psychology in the language of football	3
The First Half	3
The Second Half	5
Full Time	6
Looking back to the future	7
Start of training: The warm up	7
The main session	8
Cool down	10
The psychological influence of the coach	10
Introducing the '5Cs'	12
The purpose and structure of this book	15
Chapter 2 : Making PROGRESS with the 5Cs	19
Principle 1: Promote the 'C'	19
Principle 2: Role model the 'C'	21
Principle 3: Ownership of their learning	21
Principle 4: Grow the 'C'	22
Principle 5: Reinforce the 'C'	23
Principle 6: Empower peer support	24
Principle 7: Support the supporter	25
Principle 8: Self-review and responsiveness	26
Summarising PROGRESS	28
Chapter 3 : Commitment	31
Commitment: The core behaviours	32
Commitment: The fundamental knowledge required	34
Intrinsic Motivation and Three Basic Human Needs	34
Task-Orientation and the Growth Mindset	36
Commitment coaching: Developing optimally motivated players	39
Creating a commitment climate in training	40

Commitment: Coaching practices	41
Taking Aim	44
King of the Road	45
Trigger	46
Pass and Move	47
Tag Game with Corner Boxes	48
Dribbling and Ball Manipulation	49
Risky Business	50
Breakout Game	51
2v2 Shooting	52
Before You Leave...	53
Commitment: Summary	54
Coaching strategies and behaviours summary	55
Chapter 4 : Communication	57
Communication: The fundamental knowledge required	60
Help	61
Encourage	61
Listen	62
Praise	62
Acknowledge and Accept	63
Communication coaching: Developing optimally supportive players	64
Communication: Coaching practices	65
Communication Role Models	68
King of the Road	69
Trigger	70
Pass and Move	71
Tag Game with Corner Boxes	72
Passing and Support Play	73
Support Play	74
Communication Focused Match	75
Defending as a Defensive Unit	76
Divide and Conquer	77
Communication: Summary	78
Coaching strategies and behaviours summary	79
Chapter 5 : Concentration	81
Concentration coaching: The fundamental knowledge required	84
The four attentional channels	84
Concentration coaching: Developing optimally focused players	86
Concentration: Coaching practices	87
Attention to Detail	90
King of the Road	91
Trigger	92

Pass and Move	93
Tag Game with Corner Boxes	94
Accurate Passing	95
Switching Pitches Small Sided Game	96
Trigger Word Small Sided Game	97
Support Play Possession Practice	98
What Went Well?	99
Concentration: Summary	100
Coaching strategies and behaviours summary	101
Chapter 6 : Control	103
Control: The fundamental knowledge required	106
Control coaching: Developing the optimally composed player	111
Control: Coaching practices	113
What's Best for Me?	115
King of the Road	116
Trigger	117
Pass and Move	118
Tag Game with Corner Boxes	119
Playing with Emotions Game	120
'Relaxation Zone' Game	121
Bad Refereeing Game	122
Courage Under Fire	123
Where were our Emotions Today?	124
Control: Summary	125
Coaching strategies and behaviours summary	125
Chapter 7 : Confidence	127
Confidence: The fundamental knowledge required	130
Confidence coaching: Developing players with optimal self-belief	133
Confidence: Coaching practices	135
What is Confidence?	137
King of the Road	138
Trigger	139
Pass and Move	140
Tag Game with Corner Boxes	141
Running with the ball and Dribbling	142
Passing and Support	143
Deep Lying Player Game	144
Individual and Combined Finishing Game	145
5Cs Check Up	146
Confidence: Summary	147
Coaching strategies and behaviours summary	148

Chapter 8 : Developing the 5C Coaching Climate	149
5C Seasonal Coaching Plan	149
5C 12 Month Plan Overview	152
Pre Season Plan – July (Commitment)	153
Competitive Season Plan – August (Communication)	154
Competitive Season Plan – September (Concentration)	155
Competitive Season Plan – October (Control)	156
Competitive Season Plan – November (Confidence)	157
Competitive Season Plan – December (Reflection Month)	158
Competitive Season Plan – January (Commitment)	159
Competitive Season Plan – February (Communication)	160
Competitive Season Plan – March (Concentration)	161
Competitive Season Plan – April (Control)	162
Competitive Season Plan – May (Confidence)	163
Competitive Season Plan – June (Reflection Month)	164
The 5C Coaching Review Process	165
Commitment Session Evaluation	167
Communication Session Evaluation	168
Concentration Session Evaluation	169
Control Session Evaluation	170
Confidence Session Evaluation	171
5C Reflection Month: Coaching Evaluation	172
Planning Ahead for Next Season	174
Closing Summary	177

Chapter 9 : Putting it all together: A 5Cs case study	179
Targeting the value of pre-training preparation	180
Strategies to 'promote' and 'engage' the players in the 'C'	180
Setting the right environment: Interactive, open and safe	181
A way to integrate new players	182
Using the Pre Session Time: A summary	183
The main session: Coaching the C in training	183
Building the 'C' around the drill: Monitors, player support, role models and scenarios	184
Developing the 'C' throughout the practice: Observation, modelling and personalised feedback	185
Coach behaviour: Influencing the 'C' through communication and feedback	186
Making the down time 'live'	187
Putting into practice: The transfer from training pitch to match day	188
Conducting the main session: A summary	188
'Closing down' the session: The value of post training reflection	189
Using post session debriefs: A summary	190
Reflecting on developing psychologically confident coaches	191

Chapter 10 : Summary of coaching strategies and behaviours	193
---	------------