

## Match-Day Coaching

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**M**atches provide the opportunity for your athletes to show what they've learned in practice. Just as your athletes' focus shifts on match days from learning and practicing to competing, so your focus shifts from teaching skills to coaching ath-

letes as they perform those skills in matches. Of course, the match is a teaching opportunity as well, but the focus is on performing what has been previously learned.

### Before the Match

Just as you need a practice plan for

what you're going to do each practice, you need a match plan for what to do on the day of a match. Many inexperienced coaches focus only on how they will coach during the match itself, but your preparations to coach should include details that begin well before the first blow of the whistle in