Developing the 5 Cs in Training: Top Tips for Coaches

**Confidence**
- Use first name when giving praise and specific feedback on individual accomplishments.
- Work with players to apply individual goals where possible. Progressively build success using ‘personal bests’ and self-set targets that all players respect, value and strive to achieve.
- Challenge players to train like ‘the confident player’, encouraging them to make brave decisions and show a positive physical presence. Reinforce players when they copy their confident role model.
- Offer players the chance to do their ‘feel good’ drills which give them the opportunity to practice and hone their strengths.

**Commitment**
- Reward a player’s efforts, attitude and intentions beyond merely the execution or outcome.
- Give skill-specific feedback and personalised recognition when earned. Encourage the use of individually chosen goals and targets.
- Encourage persistence after mistakes and create a ‘no limits’ environment.
- Offer positive reinforcement and recognition when extra effort led to a positive outcome.
- Ask players to review and rate their commitment levels (out of 10). ‘Can the squad raise it 1 notch in the next 5 minutes?’

**Control**
- Show players the difference between negative and positive emotional reactions – illustrate the effects of anger, self-criticism, poor body language, and negative thinking on pitch.
- Encourage players to detach themselves from mistakes/negativity by using immediate refocusing triggers (e.g. Deep breath, ‘Back on it’ or ‘Next Effort’). Challenge players to recover the quickest!
- Use simulated pressure games/drills to train positive responses to adversity (e.g. Use bad officiating decisions, 1-0 down, time pressure etc.). Administer consequences for poor self-control and discipline.
- Reinforce the use of mental routines for pre-game, breaks in play, at set pieces. Ask how much are breathing, visualisation and positive affirmations used as mental weapons for the physical performance.

**Concentration**
- Highlight the correct cues that a player should be focusing on (when on and off the ball).
- Use trigger words to reinforce relevant concentration cues for a task or move (e.g. ‘press’, ‘squeeze’, ‘drop’).
- Employ practices that challenge players to scan and switch focus effectively – e.g. between ball, space, key players (check shoulder; control ball with peripheral vision, close eyes – ‘where are your teammates?’).
- Overload and stretch players’ concentration spans and attention to tasks by adding irrelevant distractions or extending drills when fatigued/bored.

**Communication**
- Develop a specific drill that highlights the role of communication (e.g. only 2 players can talk; swap every minute; silent soccer – non-verbal communication only).
- Include conditions in drills that develop communication (e.g. name on a pass; use of trigger words; encourage teammates; silent soccer).
- Recognise and reinforce when a player gives appropriate praise, acknowledgement, feedback, information, or instruction to a teammate.

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To download this poster and other educational tips related to the 5Cs for coaches, players and parents, please go to http://www.thefa.com/my-football/coach/five-cs

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