

REAL LIFE TIPS

Tips for Coaches & Playing Sport

For coaches or referees:

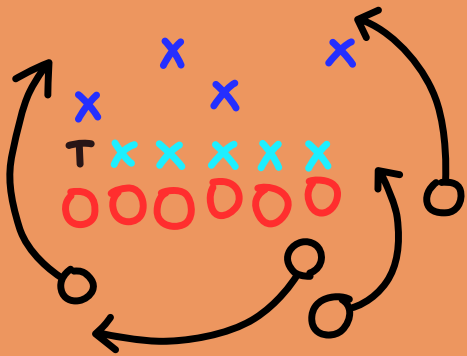
- use visual aids, signals & physical demonstrations
- ensure player has understood instructions
- explain adjustments to team mates
- use lights, flags or arm raise to start a race
- allow player to tap referee to gain attention

For player or player's family:

- effective positioning e.g. in front of coach
- teach coach & teammates sport specific signs
- ask for instructions to be repeated if not heard



Coaches boards are great visual aids!



Let's demonstrate the play boys...



Use both flag and whistle

Coach, please can you repeat that?

