



# Coaches Guide to Involving Duke of Edinburgh Students in Community Football Sessions

Falmouth Community Youth Football Club

## Why They're Here

- To learn coaching skills, build confidence, and contribute to the club.
- To gain real experience, not just complete hours.
- They are our future coaches – how we involve them matters!

## Your Role as Coach

- Welcome them into the team
- Give clear, simple roles
- Support, encourage, and guide
- Provide feedback after tasks

## How to Involve Them

- Warm-Ups:** Lead a stretch or fun game. Work in pairs to build confidence.
- Skill Practices:** Set up cones/equipment. Demonstrate the practice, drill or games. Supervise a small group.
- Games:** For games like 1v1 or 2v2, students can serve the ball in to start the game. Referee small sided games.
- Support:** Hand out bibs/balls. Work 1:1 with players who need extra help. Give positive feedback.

## Top Tips

- Plan one or two tasks for them each session
- Get them involved early, not at the end
- Rotate roles so they learn a variety
- Turn mistakes into learning opportunities

## Avoid

- Leaving them standing around
- Only giving "cone-carrying" jobs
- Overloading them with too much responsibility
- Ignoring them if they make a mistake

**Remember:** A small effort to involve them = a big impact on their confidence and future coaching journey!

**Conclusion:** DofE students allow the coaches to coach – by supporting the session, they create space for the lead coach to focus on guiding the players.