

## 8 Tips for Giving Great Feedback

It is important that Coaches endeavor to give all players equal amounts of feedback here are eight useful tips:

Step 1 Be positive and relaxed when giving feedback.

Step 2. Your tone is very important it's not what you say but **How** you say it.

Step 3. Avoid giving redundant feedback like, "You Missed!" The player already knows that he missed.

Step 4. Feedback should always be specific. For example, "James, stay in closed and slide your hurley in." The addition of the players name increases the impact of the feedback.

Step 5. When giving corrective feedback use the sandwich method: Sandwich the corrective feedback between two pieces of positive feedback. For example, "Good kick, Eoin, but next time keep your toe pointed down (show the technique) to have more control of the ball's direction.

"You did a great job clearing the ball next time get your Hurley back and follow through, the ball will go further"

Step 6. Wait a few seconds before giving feedback, then give it to the player and walk away

Step 7. Provide players with feedback, but not on every attempt. This teaches players to analyze their own technique and make appropriate corrections rather than depending on the coach for feedback.

Step 8. Keep It Short and Simple for younger players check they understand the instructions that you are giving them, by asking them what they are going to focus on during next attempts