

TOP 8 COACHING TIPS FROM WESTON ABILITY FC AND SIMON SIBLEY

Simon Sibley who coaches the pan-disability football teams.



1. SUPPORT THEIR LEAD



Empower players by listening to their needs, offering options, and supporting their personal development paths.

2. BUILD TRUST BEFORE TECHNIQUE



Take time to understand each player's personality and comfort level. Connection comes before coaching.

3. CELEBRATE PASSION



Players with autism or ADHD may show intense focus and love for the game, learn to embrace and nurture it.

4. ONE SIZE DOESN'T FIT ALL, ADAPT



Adapt sessions to suit a wide range of ages, abilities, and communication styles. One size doesn't fit all.

5. SUB IN THE PARENTS



Encourage positive sideline behaviour and open dialogue. A supportive parent community boosts player confidence.

6. CELEBRATE EVERY ACHIEVEMENT, EVERY MILESTONE



Whether it's learning a throw-in or making a new friend, every milestone deserves recognition.

7. NOT A NUMBER BUT A NAME, BE HUMAN FIRST



Use names, ask open questions, and let kids play freely. You're more than a coach, you're a pillar that can shape their lives.

8. BE A CHILD, LEARN AND STAY CURIOUS



Inclusive coaching is a journey. Stay curious, open to feedback, and committed to growth.