



Over the past few editions of the chronicle we have spoken about behaviour at the sidelines of some adults, the pressure and negative coaching from parents even though we are a football club the same rules apply to any sport or activity that your child has decided to take up and it is usually after a mistake has been made - change the way we think and encourage our children.

Mistakes are part of life how players respond to mistakes is an important aspect of improvement. Mistakes are really the best teaching opportunity. When a player takes a bad touch, misplaces a pass or shoots the ball high over the bar they will know the work needed to improve these skills or be more composed in this situation next time. Experiencing these mistakes is much more effective than simply telling a player to do the skills better.

Fear of making mistakes can impact negatively on the performance of any player. A player who is working

hard to learn and develop new skills will make mistakes. Instead ask, "What went wrong? Or, "If you are in the same situation next time, what can you do differently?" This again allows the player to think for themselves, analyse what went wrong and identify what they need to do to improve.

This year we have 2 teams heading up to 7-a-side football which will be a huge challenge for them and a massive learning curve and I am sure the kids will just thrive on the experience. They will also be competing at Haggerston Castle for a weekend of tournaments in May so well done to the Coaches and Parents for organising and raising the money for the kids to enjoy a great weekend of football.

If your child was born in 2008 our try outs will be in March so please look out for flyers at school and many thanks to Aberdeen City Council for sponsoring this year's intake.