

## 6 *Reward Your Players*

**Small rewards make an enormous amount difference to players (of all ages). And the beauty of sweets is that a small bar of chocolate or candy can be used to encourage even the weakest player who has perhaps tried the hardest.**

Have only one or two rewards for each week. Share the rewards around over the season (and try to keep a record).

Make the rewards for different things each week, for example best tackler, hardest worker in drills, best piece of skill – in this way you can pass the rewards around without prejudice.

How about a small trophy for “Player of the Week”, “Man of the Match” or a “Best Effort” award for the player, not necessarily the most talented, who has put in the greatest amount of work during a match or training session.

Teamwork is the first step to winning



**In a winning culture everyone works for each other, everyone enjoys it, everyone knows their role within it.**

Recognising the achievements of one your weaker players in this way will prove to be a great incentive for the other less talented players.

Remember, small rewards are not replacements for continued positive feedback from a coach. If you continue to encourage and inspire your players you will be surprised at how far your words can go.

**“The big secret in life is that there is no big secret. Whatever your goal, you can get there if you’re willing to work”**

Oprah Winfrey