

Inspire FC a gamechanger according to Loveday

Helensburgh Thistle Junior Football Club's Klete Loveday says the Inspire FC coaching platform has contributed to significant improvement in the quality of coaching and development of players.

One of the most daunting tasks for a coach is leading a training session that is engaging and valuable for the players where the kids aren't running off or losing interest.

Inspire FC aims to help with that. It's an online coaching resource tool that assists and supports coaches with the delivery of training sessions.

Football South Coast announced at the start of this season, that the association had obtained free membership for every registered MiniRoos', Junior, and Youth coach in the region.

The program has something for everyone, providing crucial advice for those with limited experience in the game. It could be for a parent putting their hand up for the otherwise vacant position in their kid's team or an aspiring youngster looking to get some coaching exposure.

Loveday wears many hats at the Thistle. He is the football operations manager and coaching coordinator, with a big part of his roles ensuring the coaches get the support they need. He said Inspire FC has reduced his workload significantly.

The program has been lauded for its user-friendliness providing a variety of training sessions available in PDF and video form. It's specifically tailored for the age group being coached with tips, as well as coaching presentations and interviews from leading coaches across the country.

"With our 40 junior teams, less than half are actually experienced in football, so the hardest thing is educating those guys on how to coach," Loveday explained.

"It's the ease of it. It's there and planned out for you. You don't have to spend a couple of hours a week planning a session. It's structured for you.

"You can watch the video of the actual drill, print the document off, take it training with you and know how it works and the players can put it into the practice."

Inspire FC also has content for more experienced coaches according to Loveday - so everyone can elevate sessions for their kids with the program.

Loveday said there are plenty of drills and tips which he's implemented into his own coaching. Principles such as the three L's of 'no laps, no lines and no lectures' are helping players gain greater skills in the game through a modern approach.

"The simple things when you're talking to kids - getting down on their level. Dropping down to a knee and talking to the kids, not standing up over the top of them," Loveday said.

Loveday emphasised the program's ability to teach coaches how to implement engaging and effective sessions.

“You can Google everything, but knowing what it is to put it into your session and how to structure it, that’s a hard thing for the coaches,” he said.

“Inspire FC has got so much advice from qualified people.

“If you do this course, your kids are going to be better off for it.”

There are over 250 coaches currently using the platform within the association, all benefiting from the platforms and its coach education content.

The workshop for the program is available here: https://www.youtube.com/watch?v=q0KgW-DZ2QU&ab_channel=footballsouthcoast