**Visual exploratory activity and practice design: Perceptions of experienced coaches in professional football academies**

**Section 1. Background information**

|  |  |  |
| --- | --- | --- |
| **Question** | **Follow up** | **Why** |
| Please could you tell me how you initially got into coaching?I appreciate that this may be evolving all the time you are working but from your experiences coaching what is your current coaching philosophy? | * How many years’ experience do you have?
* What current qualifications do you hold?
* Has anyone in particular had an impact on your coaching style/delivery?
* Could you tell me more about your beliefs as a coach?
* Is there anything additional you do to inform your own development as a coach and planned sessions?
* What category Academy are you currently working in?
* Can you tell me more about the coaching environment that you work in?
* Does this environment impact on your own coaching philosophy?
 | * Ease participant into the topic area. Make them feel comfortable.
* Provide a background to their coaching experiences and what has impacted there coaching i.e., courses, mentors, observations etc.
* Technical, tactical, physiological, and psychological aspects all aid to the elite performer – where do the coaches beliefs lie that determine elite performance?
* Does working in an Academy environment restrict the coaching process and ability to impart your own philosophy on sessions?
 |

**Section 2. Visual Exploratory Activity**

| **Question** | **Follow up** | **Why** |
| --- | --- | --- |
| Please could you think back to one of your last coaching sessions and describe what was included in the session?  | * Include here some elements that you might want the coaches to include in their description.
* What did you do by way of warm up?
* Could you give a rough indication of the % time spent on each activity?
* Is this typical of one of your coaching sessions?
 | * Plan becomes something to prompt later questions, as well as something that can be analysed in itself.
* VEA can easily be incorporated into warm ups that include a skilled element
* % time indirectly indicates how much emphasis is on a particular type of activity (if they say VEA is important, but only 10% of session involves VEA
* To confirm that what they describe is typical of the type of session that they deliver. Typical answer would probably be that the activities would vary, but that the goals would be similar.
 |
| Do you think that VEA is relevant to you and to other coaches?Please can you provide some examples of practices that you may use in your sessions to develop players VEA? | If no:* Why not?

If yes:* Why?
* What are you doing within the sessions outlined above to encourage this behaviour?
* Is this typical of one of your sessions?
* When planning sessions, what value do you place on VEA?
* How much time do you dedicate to VEA in your sessions?
* Are these practices aimed at a specific age range?
* Are these practices aimed at a specific skill level
* Where do your coaching ideas develop from?
 | * To identify the coach’s knowledge of and attitude towards VEA.
* To see if the coach has considered VEA in the organisation of the session, and if so, how much of the session addresses VEA
* Do coaches rate VEA as an important goal for their delivery to achieve?
* Does their professed view of VEA’s importance translate into greater emphasis timewise
* To see if the coaches adapt their sessions based on the population that they are working with.
 |
| Do you think that VEA holds more importance at specific ages? | * Why at this particular age?
* Do you think that you are seeing this behaviour at different ages? i.e., 16-18.
 | * To see if coaches view VEA coaching as something that kids may be too young to benefit from before a certain age or should have already established by the time they reach a certain level.
 |
| Can you remember a player that may have struggled with developing visual exploratory activity? | If yes:* Why?
* What did you do to try and develop this behaviour?

If no:* What age was this performer?
* How do you think they had acquired VEA?
 | * To see what the coaches may have implemented to individuals to develop VEA.
 |