

1. Vocabulary: English  
Coaching: stopwatch

Example: A **stopwatch** is a watch which can be easily stopped and started. Coaches use **stopwatches** to check how fast players are running.



2. Vocabulary: English  
Coaching: agility rings

Example: An **agility ring** is a plastic hoop which is placed on the ground. Players jump in and out of the rings to improve their mobility.



3. Vocabulary: English  
Coaching: bibs

Example: A **bib** is a type of shirt which you can easily put on. In coaching, different coloured **bibs** are used to divide the players into groups.



4. Vocabulary: English  
Coaching: clipboard

Example: A **clipboard** is a small piece of wood or plastic used for holding paper. Coaches use **clipboards** to show movements to players.



5. Vocabulary: English  
Coaching: cones

Example: A **cone** is a small plastic object which indicates where you can go. Football coaches use **cones** to create zones for certain activities.



6. Vocabulary: English  
Coaching: foot ladder

Example: A **foot ladder** is a ladder which is placed flat on the ground. Players hop through the rungs of the ladder to improve their footwork.



7. Vocabulary: English  
Coaching: hurdles

Example: A **hurdle** is a kind of frame which you can jump over. By jumping over **hurdles**, footballers can make their legs stronger.



8. Vocabulary: English  
Coaching: megaphone

Example: A **megaphone** is an instrument used to make the voice louder. Coaches use **megaphones** to give instructions to players a long way away.



9. Vocabulary: English  
Coaching: poles

Example: A **pole** is a type of long stick which is stuck into the ground. Coaches use **poles** to give players practice in ball control.



10. Vocabulary: English  
Coaching: portable goal

Example: A **portable goal** is a goal which can be easily moved. Coaches use **portable goals** to practise skills like shooting.

