

Zander Letter

As a graduate in Sports Management from the University of Wales Trinity Saint David, Swansea and as an active coach at Mumbles Rangers Football Club, I have spent the last five years combining academic knowledge with practical coaching experience to help players develop on and off the pitch. Alongside this, my ongoing teacher training has enhanced my ability to communicate effectively, manage groups, and design learning environments that foster confidence, discipline and teamwork, these are three qualities which I live by every day.

During my time with Mumbles Rangers, I have coached players across multiple age groups, focusing on technical development, tactical awareness and the psychological aspects of performance. My approach is player centred, I believe that every individual has their own unique learning style, so it is important for me to adapt my coaching methods to suit every individual needs. This includes creating individual training plans which target specific areas of their games, these may include first touch, positioning or mental aspects like decision making when under pressure as I believe if you are two steps ahead of someone mentally, you will always have the upper hand when playing. I have also had the responsibility of creating pre-season fitness plans to ensure our players are all match fit when the season starts.

My coaching philosophy is built around three core values: discipline, enjoyment and growth. I believe that football is not just a sport, but an educational platform for people of all ages can learn about teamwork, perseverance and respect. The inclusivity of my group creates a family like environment which allows everyone to feel safe and give their all for each other which is a solid foundation for long term success. Not only do I work closely with all my players but also work alongside their parents too as I think it is very important to make sure that not only are my players happy with how everything is going but also want to ensure all parents are happy with the progress of their children too.

Through my teacher training, I have further developed skills that complement my coaching, Lesson planning, classroom management and assessment techniques have directly informed my ability to design structured and engaging training sessions. I have learned to deliver clear instructions, provide constructive feedback and maintain high levels of motivation – these are essential skills for keeping my players focused and inspired. Academically, my degree in Sports Management provided me with a strong foundation in sports development, leadership and performance analysis.

I regularly use performance analysis tools to review matches and training sessions which then allows me to help players visualise their progress and work together to create realistic performance goals. Beyond my technical and educational background, I take great pride in my interpersonal skills, I value building trust and mutual respect between all players, parents and colleagues. I have a very calm and approachable demeanour which helps me when facing any potential issues within the team or if any individuals have an issue they feel like they want me to help with which allows us to be proactive and overcome issues straight away and move forward both mentally and physically. Looking into the future, my ambition is to continue my coaching journey with the aim of acquiring more qualifications and badges which will then allow me to become a better coach whilst still following my own style.