

Example Session Plan

COACHING SESSION PLAN

DATE: 20th March 2010	STAGE OF ATHLETE DEVELOPMENT: Fundamentals
TIME: 6.30pm – 7.30pm	
VENUE: Athletics Track	AGE GROUP OF ATHLETES: 10-14
	SIZE OF GROUP: 30 athletes
EQUIPMENT:	
SESSION GOALS FOR THE ATHLETES (WHAT-2):	PERSONAL COACHING GOALS (HOW-2):

PRACTICAL SESSION			
SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
WARM UP (5 Minutes)	<ul style="list-style-type: none"> Jump the barriers 	<ul style="list-style-type: none"> To get them warm ready for jumping 	<ul style="list-style-type: none"> Athlete(s) aware of each other and the size of the space they are working in.
MAIN SESSION (45 Minutes)	Standing Long Jump <ul style="list-style-type: none"> 3 Step run up developing to full length approach 		
COOL-DOWN (5 Minutes)	<ul style="list-style-type: none"> Static Stretching 	<ul style="list-style-type: none"> Stretch slowly 	

Identify the stage of development of the group / athlete(s) you are working with from: Fundamentals, Foundation or Event Group Development.

What items of equipment will be required to run this session?
How many are needed to accommodate the size of the group?
Is any adapted equipment required?

A Session Goal should focus on what skills, drills or technical points you want your athletes to focus on. A Session Goal could also include an athlete focusing on areas such as tactics, mental preparation or relaxation. The most important thing is that the session goal relates to the athlete or athletes.

A Personal Coaching Goal should be an area of your own coaching you wish to improve. An example of this could be to give clear instructions and a correct demonstration to the athlete or provide effective motivation and feedback. The most important thing is that the Coaching Goal relates to you the coach and not the session or the athletes.

What exactly will the athlete(s) be doing in this unit? Ensure there are distances, times, number of attempts jumping or throwing listed. What is the required intensity of the activity? How much rest should occur between repetitions and sets?

Insert your coaching points for each session. Coaching Points should emphasize what you want your athlete(s) to do in a specific area of the session. Refer to the What 2 On Track 4 Cards.

Highlight any Organisation or key Safety points you need to be aware of at each stage of the session.

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EQUIPMENT: 25 x small marker cones, 10 x small athletics hurdles/barriers, 1 x tape measure, 1 x rake, 1 x hoop			
SESSION GOALS FOR THE ATHLETES (WHAT-2): <ul style="list-style-type: none"> To learn the basics of Long Jump To establish their favourite take- off foot for jumping To have fun 		PERSONAL COACHING GOALS (HOW-2): <ul style="list-style-type: none"> To give the correct demonstration for the basic Long Jump Provide positive but constructive feedback to every individual 	
PRACTICAL SESSION			
SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
WARM UP (8 Minutes)	10 x 10m grid barriers (cones, markers, small hurdles, hoops) 1. Travel around the space dodging others and jump barriers 2. Travel around the space, clearing the barriers 3. Progress to jumps as follows: 1 foot to 1 foot, 1 foot to the other foot, 2 feet to 2 feet, 1 foot to 2 feet, 2 feet to 1 foot.	<ul style="list-style-type: none"> Emphasize use of arms Emphasize use of free limbs Explore turning in the air Explore landings Children should always be looking where they are going Encourage children to explore which is their favourite take off leg 	<ul style="list-style-type: none"> Ensure children are aware of each other and the equipment Increase size of space if group is too big Ensure the sand pit is wide enough to run this activity
MAIN SESSION (40 Minutes)	Children line up in small groups at the side of the long jump sand pit in between cones, which are spaced 2m apart. The children will jump into the sand pit width ways. 1. Children are shown a basic standing long jump and then encouraged to have a go 2. Once the children have mastered a basic standing long jump progress onto a three step run up & jump 3. Once the children have mastered this, encourage them to take a short run up & jump. (At this point if children are landing towards the end of the sandpit they should be encourage to take off earlier to avoid an accident) 4. To finish the session, allow children to have 1-2 proper jumps into the full length of the sandpit. (At this point you may choose to measure their attempts)	<ul style="list-style-type: none"> Encourage soft knees on landing Use arms to help gain extra height Lift feet up for extra height in their jumps Provide correct demo & ensure all children land with bent knees and straight back Encourage technique over distance of jump 	<ul style="list-style-type: none"> All children should leave on the opposite side of the sand pit & join the back of their group Children should try to stay within the designated areas Rake pit regular to avoid uneven sand Coach should rake only Children should hold the stretch between 6 – 10 seconds and not bounce in the stretch
COOL-DOWN (12 Minutes)	<ul style="list-style-type: none"> Children do a slow jog to cool the body down followed by 10 minutes of short stretching Working from head to toe stretching all main muscle groups 	Coach to lead: <ul style="list-style-type: none"> Provide correct demo & ensure all children do the stretch correctly 	