

COACHING SESSION PLAN

DATE: 12/02/2013	STAGE OF ATHLETE DEVELOPMENT:		
TIME: 6:30 – 7:30	Fundamentals		
VENUE: Yarborough Sports Hall	AGE GROUP OF ATHLETES: 8-14		
	SIZE OF GROUP: 15-30		
EQUIPMENT: 20 SAQ Hurdles, 8 Cones, 4 mats			
SESSION GOALS FOR THE ATHLETES (WHAT-2):		PERSONAL COACHING GOALS (HOW-2):	
<ul style="list-style-type: none"> • Correct Technique of exercises 		<ul style="list-style-type: none"> • Give both verbal and non verbal demonstrations 	
PRACTICAL SESSION			
SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
WARM UP 08 min	<ol style="list-style-type: none"> 1. Dynamic stretches 2. Coach Led 	<ol style="list-style-type: none"> 1. Area not too big, to activate spatial awareness 2. Make area smaller if too hard for tagger, vice versa 	<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 • Children should hold the stretch between 6 – 10 seconds and not ounce in the stretch
MAIN SESSION 32 min	<p>Plyometric session</p> <ol style="list-style-type: none"> 1. 9 stations 2. Standing long jump 3. One leg hops 4. Double lateral hops 5. Double bounds 6. Single leg bounds 7. Plyo push ups 8. Burpees 9. Shuttle runs 10. Plank <p>4x 1min each exercise, 15 sec recovery</p>	<ol style="list-style-type: none"> 1. Correct Technique 2. Area set up prior athletes arrival 	
COOL-DOWN 5 min	<ol style="list-style-type: none"> 1. Stretch used muscles 2. Ladders 	<ol style="list-style-type: none"> 1. Correct demonstration of stretches 2. Rain: slow jog not fast 	