

COACHING SESSION PLAN

DATE: 10/01/2013	STAGE OF ATHLETE DEVELOPMENT: Fundamentals
TIME: 6:30 – 7:30	
VENUE: Athletics Track	AGE GROUP OF ATHLETES: 8-14
	SIZE OF GROUP: 15-30
EQUIPMENT: 8x cones	
SESSION GOALS FOR THE ATHLETES (WHAT-2): <ul style="list-style-type: none"> • Correct use of arms • Acceleration 	PERSONAL COACHING GOALS (HOW-2): <ul style="list-style-type: none"> • Give positive reinforcement

PRACTICAL SESSION

SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
WARM UP 15 min	<ol style="list-style-type: none"> 1. Dynamic stretches 2. Athlete led warm up - toilets 	<ol style="list-style-type: none"> 1. Check warm up involves dynamics 2. Encourage athletes leading activity 	<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 25 min	<p>2x 50m group shuttle runs</p> <ol style="list-style-type: none"> 1. 10x50m 2. Time taken for 2 athletes to run 50m break in between each run 	<ol style="list-style-type: none"> 1. Correct Technique 2. No cheating 	
COOL-DOWN 5 min	<ol style="list-style-type: none"> 1. Stretch used muscles 2. Game bull dog 	<ol style="list-style-type: none"> 1. Correct demonstration of stretches 2. Rain: slow jog not fast 	