

COACHING SESSION PLAN

DATE: 22/01/2013		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: 8 mats, 3 steppers, 2x cones			
SESSION GOALS FOR THE ATHLETES (WHAT-2):		PERSONAL COACHING GOALS (HOW-2):	
<ul style="list-style-type: none"> • Correct use of arms • Acceleration 		<ul style="list-style-type: none"> • Give positive reinforcement 	
PRACTICAL SESSION			
SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
WARM UP 10 min	1. Dynamic stretches		<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
MAIN SESSION 30 min	Plyometric session 1. 10 stations 2. Standing long jump 3. Plyo push up 4. Plyo lunge 5. Shuttle run bounds 6. Superman 7. Spotty dog 8. Squat jumps 9. Steppers 10. Reverse ab crunch 11. Plank 4x 1min each exercise, 15 sec recovery	1. Correct Technique	<ul style="list-style-type: none"> • Children should hold the stretch between 6 – 10 seconds and not bounce in the stretch
COOL-DOWN 5 min	1. Stretch used muscles 2. Ladders	1. Correct demonstration of stretches 2. Rain: slow jog not fast	