

COACHING SESSION PLAN

DATE: 29/01/2013	STAGE OF ATHLETE DEVELOPMENT:		
TIME: 6:30 – 7:30	Fundamentals		
VENUE: Athletics Track	AGE GROUP OF ATHLETES: 8-14		
	SIZE OF GROUP: 15-30		
EQUIPMENT: 20 SAQ Hurdles, 8 Cones			
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 10 min	<ol style="list-style-type: none"> 1. Dynamic stretches stuck in the mud 	<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 bounce in the stretch
MAIN SESSION 30 min	<p>Plyometric session</p> <ol style="list-style-type: none"> 1. 6 stations 2. Standing long jump 3. One leg hops 4. Double lateral hops 5. Double bounds 6. Single leg bounds 7. Plyo pushups <p>4x 1min each exercise, 15 sec recovery</p>	<ol style="list-style-type: none"> 1. Correct Technique 	
COOL-DOWN 5 min	<ol style="list-style-type: none"> 1. Stretch used muscles 2. NESW 	<ol style="list-style-type: none"> 1. Correct demonstration of stretches 2. Rain: slow jog not fast 	