

COACHING SESSION PLAN

DATE: 31/01/2013	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: 20 SAQ Hurdles, 8 Cones	
SESSION GOALS FOR THE ATHLETES (WHAT-2): <ul style="list-style-type: none"> • Correct Technique of exercises 	PERSONAL COACHING GOALS (HOW-2): <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. Athlete 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 bounce in the stretch
MAIN SESSION 32 min	Plyometric session <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 4x 1min each exercise, 15 sec recovery 4x 60m	<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 	