

COACHING SESSION PLAN

DATE: 14/02/2013	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, 4 mats	
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. Coach Led 		<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	<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. Burpees <p>4x 1min each exercise, 15 sec recovery</p> <p>Or 2x 10x50m, walk back 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. Numbers 	<ol style="list-style-type: none"> 1. Correct demonstration of stretches 2. Rain: slow jog not fast 	