

# COACHING SESSION PLAN

<b>DATE:</b> 21/02/2013	<b>STAGE OF ATHLETE DEVELOPMENT:</b> Fundamentals
<b>TIME:</b> 6:30 – 7:30	
<b>VENUE:</b> Athletics Track	<b>AGE GROUP OF ATHLETES:</b> 8-14
	<b>SIZE OF GROUP:</b> 15-30
<b>EQUIPMENT:</b> 20 SAQ Hurdles, 8 Cones	

<b>SESSION GOALS FOR THE ATHLETES (WHAT-2):</b> <ul style="list-style-type: none"> <li>• Correct Technique of exercises</li> <li>• Identify correct speed when running</li> </ul>	<b>PERSONAL COACHING GOALS (HOW-2):</b> <ul style="list-style-type: none"> <li>• Give both verbal and non verbal demonstrations</li> <li>• Praise athletes</li> </ul>
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## PRACTICAL SESSION

SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
<b>WARM UP</b> 08 min	<ol style="list-style-type: none"> <li>1. Dynamic stretches</li> <li>2. Athlete Led</li> </ol>		<ul style="list-style-type: none"> <li>• Ensure children are aware of each other and the equipment</li> <li>• Increase size of space if group is too big</li> <li>• Children should hold the stretch between 6 – 10 seconds and not bounce in the stretch</li> </ul>
<b>MAIN SESSION</b> 32 min	<p>Plyometric session</p> <ol style="list-style-type: none"> <li>1. 6 stations</li> <li>2. Standing long jump</li> <li>3. One leg hops</li> <li>4. Double lateral hops</li> <li>5. Double bounds</li> <li>6. Single leg bounds</li> <li>7. Burpees</li> </ol> <p>4x 1min each exercise, 15 sec recovery</p> <p>3 x 50m, 2 x 100m, 1 x 150m, 2 x 100m, 3 x 50m</p>	<ol style="list-style-type: none"> <li>1. Correct Technique</li> <li>2. Area set up prior athletes arrival</li> </ol>	
<b>COOL-DOWN</b> 5 min	<ol style="list-style-type: none"> <li>1. Stretch used muscles</li> <li>2. Bull dog</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct demonstration of stretches</li> <li>2. Rain: slow jog not fast</li> </ol>	