

COACHING SESSION PLAN

DATE: 15/11/2012	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: High visibility jackets	
SESSION GOALS FOR THE ATHLETES (WHAT-2): <ul style="list-style-type: none"> Complete session successfully to increase aerobic capacity 	PERSONAL COACHING GOALS (HOW-2): <ul style="list-style-type: none"> Ensure all notice different intensity Give positive reinforcement

PRACTICAL SESSION

SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
WARM UP 10 min	Dynamic Warm up (Tig) <ol style="list-style-type: none"> Correct technique Get heart rate up 	<ol style="list-style-type: none"> Emphasize use of arms Guided discovery <ol style="list-style-type: none"> Athletes to suggest dynamic stretch 	<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	<ol style="list-style-type: none"> Road Run Fartlek style 10min jog/ 2min walk Up and down hills to improve deceleration and acceleration mechanics 	<ol style="list-style-type: none"> Athletes aware of road traffic and other pedestrians Ensure all train hard but not fatigue. 	<ul style="list-style-type: none"> Children should hold the stretch between 6 – 10 seconds and not ounce in the stretch
COOL-DOWN 5 min	Game: Bull Dog Stretch used muscles	<ol style="list-style-type: none"> Correct demonstration of stretches Rain: slow jog not fast 	