

COACHING SESSION PLAN

DATE: 26/02/2013	STAGE OF ATHLETE DEVELOPMENT: Fundamentals
TIME: 6:30 – 7:30	
VENUE: Yarborough Sports Ha;;	AGE GROUP OF ATHLETES: 8-14
	SIZE OF GROUP: 15-30
EQUIPMENT: 20 SAQ Hurdles, 8 Cones, 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"> •

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. 9 stations 2. Standing long jump 3. One leg hops 4. Double lateral hops 5. Double bounds 6. Single leg bounds 7. Burpees 8. Planks 9. Plyo Lunge 10. Plyo Push up <p>4x 1min each exercise, 15 sec 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. Ladders 	<ol style="list-style-type: none"> 1. Correct demonstration of stretches 2. Rain: slow jog not fast 	