

COACHING SESSION PLAN

DATE: 20/11/2012	STAGE OF ATHLETE DEVELOPMENT: Fundamentals
TIME: 6:30 – 7:30	
VENUE: Yarborough leisure centre sports hall	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"> Bleep Test 	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	1. Bleep Test		<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 once in the stretch
MAIN SESSION 30 min	1. Bleep Test		
COOL-DOWN 5 min	Game: Ladders Stretch used muscles	<ol style="list-style-type: none"> Correct demonstration of stretches Rain: slow jog not fast 	