

# COACHING SESSION PLAN

<b>DATE:</b> 08/01/2013	<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> 6x cones	
<b>SESSION GOALS FOR THE ATHLETES (WHAT-2):</b> <ul style="list-style-type: none"> <li>Concentrate on technique and strategies</li> </ul>	<b>PERSONAL COACHING GOALS (HOW-2):</b> <ul style="list-style-type: none"> <li>Ensure all notice different intensity</li> <li>Give positive reinforcement</li> </ul>

## PRACTICAL SESSION

SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
<b>WARM UP</b> 15 min	<ol style="list-style-type: none"> <li>Dynamic stretches</li> <li>Athlete led warm up</li> </ol>	<ol style="list-style-type: none"> <li>Check warm up involves dynamics</li> <li>Encourage athletes leading activity</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> 25 min	<p>4 x 300m</p> <ol style="list-style-type: none"> <li>300m walk recovery</li> </ol>	<ol style="list-style-type: none"> <li>Correct Technique</li> <li>Athletes know when to accelerate correctly</li> </ol>	
<b>COOL-DOWN</b> 5 min	<ol style="list-style-type: none"> <li>Stretch used muscles</li> <li>Game if time</li> </ol>	<ol style="list-style-type: none"> <li>Correct demonstration of stretches</li> <li>Rain: slow jog not fast</li> </ol>	