

COACHING SESSION PLAN

DATE: 14/11/2012	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: 6 x Cones	
SESSION GOALS FOR THE ATHLETES (WHAT-2): <ul style="list-style-type: none"> • 100m endurance runs over 150m • Have Fun 	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 12 min	Dynamic Warm up <ol style="list-style-type: none"> 1. Correct technique 2. Get heart rate up 	<ol style="list-style-type: none"> 1. Emphasize use of arms 2. Guided discovery <ol style="list-style-type: none"> a. 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 • Children should hold the stretch between 6 – 10 seconds and not ounce in the stretch
MAIN SESSION 30 min	150m x6 <ol style="list-style-type: none"> 1. 150 sprint walk back 	<ol style="list-style-type: none"> 1. Athletes aware of track use 2. Shout track if other athletes are walking in front of them 	
COOL-DOWN 5 min	Game: Stuck in the mud or a cool down lap jog (weather dependable) Stretch used muscles	<ol style="list-style-type: none"> 1. Correct demonstration of stretches 2. Rain: slow jog not fast 	