

COACHING SESSION PLAN

DATE: 23/11/2012		STAGE OF ATHLETE DEVELOPMENT:	
TIME: 6:30 – 7:30		Fundamentals	
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):		PERSONAL COACHING GOALS (HOW-2):	
<ul style="list-style-type: none"> • Learn correct speed for the 600m • Have Fun 		<ul style="list-style-type: none"> • Ensure all notice different pace for 600m • Give positive reinforcement 	
PRACTICAL SESSION			
SESSION COMPONENT	SESSION DETAIL	COACHING POINTS	ORGANISATION/ SAFETY KEY POINTS
WARM UP 12 min	Dynamic Warm up 1. Correct technique 2. Get heart rate up	1. Emphasize use of arms 2. Guided discovery 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	600m x2 1. 600m jog/run 2. Rest of 5min	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	1. Correct demonstration of stretches 2. Rain: slow jog not fast	