

EXAMPLE COACHING SESSION PLAN

| DATE: 13TH MAY DURATION: 1 HOUR (6:30 – 7:30) | | STAGE OF ATHLETE DEVELOPMENT: MOSTLY FOUNDATION WITH SOME NEARING EGD | |
|--|--|---|--|
| VENUE: LOCAL TRACK, WINDY AND COLD | | AGE GROUP OF ATHLETES: 10 – 12 YEARS OLD | |
| | | SIZE OF GROUP: 20 | |
| EQUIPMENT: CONES, PIT, RAKE, MATS, TAPES, SCORING SHEETS. | | | |
| SESSION GOALS FOR THE ATHLETES (WHAT-2): WILL BE ABLE TO TAKE OFF FROM 1 FOOT USING A SHORT APPROACH | | PERSONAL COACHING GOALS (HOW-2): BY THE END OF THE SESSION I WILL HAVE PROVIDED A DEMONSTRATION... | |
| PRACTICAL SESSION | | | |
| SESSION COMPONENT | UNIT DETAIL | COACHING POINTS | ORGANISATION/ SAFETY KEY POINTS |
| WARM UP (10 Minutes) | 5mins of shuttle activity including- walks, skipping, running, bounding, hopping and star jumps, split jumps and 2-footed jumps. Kangaroo time – teams of 5 – 6 athletes. Team has 20 jumps to score as many points as possible. | Head up, chest up, drive up Soft landing with knees bent | Use jumping grids with 4 lines for different point's intervals. Land on mats. Helper required for scoring. |
| MAIN SESSION Unit A (30 Minutes) | Standing Long Jump – all athletes to have 3 practices after demo. Further 3 measured attempts into pit or using mats. Short approach long jump – using 5 – 7 stride approach into a 1 footed take off into pit. Measure and mark approach run. | Hips high in take off Head up, chest up, drive up Soft landing with knees bent | Coach demo Use jumping grids along side of pit to maximise involvement |
| MAIN SESSION Unit B (10 Minutes) | Team competition into pit from a short approach, each team member has 2 jumps and scores points for landing on set zones. | Optimal approach speed Drive up with eyes looking ahead Don't look for the board. | Involve athletes in measuring, scoring and recording. |
| COOL DOWN (10 Minutes) | Jogging into walking (3 minute circuit) followed by stretching of lower back, hamstrings, quads, calves and hip flexors. Min 20 – 30 seconds hold. | Position athletes so all can see the stretchers. | Breathe out and relax into stretches Hold stretch position for at least 20 seconds |

Coaching Session Plan Template Examples

RC Schank



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