

Coaching Session Plan

Date: 14/3/2016

Time: 6:30pm

Stage of Athlete Development:Event gr

Venue: Football pitch, roads and hills in the Sports Centre

Age group of Athletes: 23-51

Size of group: 7

Equipment: Cones, measure tape

Session Goals for the Athletes (WHAT):

By the end of the session the athlete will be able more aware of the importance of coordination in running.
By the end of the session the athlete will have developed their aerobic capability.

Personal Coaching Goals (HOW):

By the end of the session I will have measured the coordination and agility skills of my athletes. I'll have assessed their running technique up and down hill.

Practical Session

| Session Component | Unit Detail | Coaching Points | Organisation/ Safety Key points |
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| Warm Up [10 minutes] | 5 mins jog to the sports center. Circle ankles, knees, hip, arms and neck in both directions. And also reverse arm circle. 2x10 lunges. 4x40m accelerations | Observe coordination in reverse arm circle. Observe position in lunges and accelerations | Be aware of other people on the roads. Roots and speed bumps in the roads. Cars drive trough the Sports Centre road (very rare but be aware) Check the football pith for potholes. |
| Main Session Unit A [5 minutes] | Illinois agility test. Demonstrate and measure all the athletes. | Time the athletes. Observe their position while going around cones. | |
| Main Session Unit B [35 minutes] | Continuous running for 35 minutes including the three hills. Keep an steady pace in the flats with surges up and down hill. | Observe the position going up and down hill. Move between hills to observe them running at different steepness. | |
| Main Session Unit C [minutes] | | | |
| Cool Down [10 minutes] | 5 mins of easy jog + standard stretch. Calfs, Soleus, Hamstrings, Quads, Glutes, Abductors. | Talk to the athletes about the tests conducted and ask then to auto-evaluate. | |

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