

How to use this session plan template:

1. What went well in the last game/training AND what areas do we need to work on?
 - a. This is a section that can link the previous session or game. It is on the session plan to give some guidance as to what should be covered in the training session

Example:

Catch and pass was really great. We only had 2 intercepts all match
OR

Forehand didn't work well last training. Most were hit out.

2. Aims of the session
 - a. This is the key areas of the session and what you want to be achieved in these

Example:

Each player will demonstrate the four key points of a tackle in a game
OR

Athlete will run 5km but keep their heart rate over 170 beats per minute

3. Equipment
 - a. This is a list of all the equipment you will need for every activity in the session. This is so you can be organised and get it all ready before the session

4. Time
 - a. This is important as it is a guide to you around how long each part of the training will be, and ultimately the session

5. Task
 - a. This is the area you will put the name of each game or activity you use in your session. You could also list the variations or extensions for each activity on this section

Example:

Task

Piggy in the middle (2v1)

Variation

Bring in 3v2 once they understand 2v1

6. Organisation/description
 - a. This where you will write out the key instructions, rules and area each activity will use
- Example:



Split group into smaller groups of 3. Each group of 3 will play in a square roughly 5x5m. Aim of the game is to prevent the middle person (piggy) from intercepting the ball. When piggy does intercept, the person who threw that pass becomes the piggy.

7. Coaching point/question

- a. This section is where you can put any key point you want to stress within the activity OR it can be a key question you will ask the athletes to get them thinking around the key point you want to stress within the activity

Example:

Arms are parallel with body OR

Where do you feel your arms are when you are running?

8. Stay/Stop/Start

- a. This is the review tool you can use to evaluate the effectiveness of your session.
 - i. The stay section is areas you felt went well. What will you stay doing?

Example: Piggy in the middle went really well. Everyone was engaged.

- ii. The stop section is areas you felt didn't work. What will you stop doing?

Example: Giving key points didn't seem to work. The athlete kept forgetting these

- iii. The start section is areas you can bring in to improve the session. What will you start doing?

Example: Using questions to get the athletes to think worked really well. They seemed to respond to these better.

9. Personal Action Plan

- a. This is where you will put in your plan to improve the way you coach based on the above 'stay/stop/start' review. It is a good idea to put a timeframe on whatever you put in this plan, as this will keep the improvement at the front of your mind.

Example: I will ask more questions (at least 7 open ended) throughout my coaching sessions. Timeframe: 3 weeks

