

## EXAMPLE COACHING SESSION PLAN

<b>Date:</b> 20th March 2022 <b>Time:</b> 6.30pm – 7.30pm		<b>Stage of Athlete Development:</b> Fundamentals	
<b>Venue:</b> Athletics Track		<b>Age group of Athletes:</b> 10 – 14	
		<b>Size of group:</b> 10 athletes	
<b>Equipment:</b> 25 x small marker cones, 10 x small agility hurdles, 1 x tape measure, 1 x rake, 1 x hoop			
<b>Session Goals for the Athletes (WHAT):</b> <b>By the end of the session the athletes will be able to...</b> <ul style="list-style-type: none"> <li>Establish their preferred take-off foot for jumping</li> <li>Apply the basic principles for Long Jump throughout all phases</li> <li>Have fun.</li> </ul>		<b>Personal Coaching Goals (HOW):</b> <b>By the end of the session I will have...</b> <ul style="list-style-type: none"> <li>Provided an accurate demonstration for the basics of Long Jump, ensuring the demo provides focus for attention, is silent and from multiple angles.</li> <li>Encouraged intrinsic feedback through the use of open questions.</li> </ul>	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation / Safety Key points
<b>Warm Up</b> [5 minutes]	10 x 10m grid barriers (cones, small hurdles, hoop) <ol style="list-style-type: none"> <li>Travel around the space dodging others and jump barriers.</li> <li>Travel around the space, clearing the equipment.</li> <li>Progress to jumps as follows: 1 foot to 1 foot; 1 foot to the other foot; 2 feet to 2 feet; 1 foot to 2 feet; 2 feet to 1 foot.</li> </ol>	<ul style="list-style-type: none"> <li>Emphasise use of arms</li> <li>Emphasise use of free limbs</li> <li>Explore turning in the air</li> <li>Explore landings</li> <li>Athletes should always be looking where they are going</li> <li>Encourage athletes to explore which is their preferred take off leg.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure athletes are aware of each other and the equipment.</li> <li>Increase size of space if group is too large.</li> <li>Ensure the sand pit is wide enough to run the activity.</li> <li>All athletes should leave on the opposite side of the sand pit and join the back of their group.</li> <li>Athletes should try to stay within the designated areas.</li> <li>Rake the pit regularly to avoid uneven sand.</li> <li>Athletes should hold stretches between 6-10 seconds and not bounce in the stretch.</li> </ul>
<b>Main Session</b> [45 minutes]	Athletes line up in small groups at the side of the long jump sand pit, in between cones which are 2m apart. Athletes to jump into the sand pit width ways. <ol style="list-style-type: none"> <li>Athletes' are shown a basic standing long jump and then encouraged to have a go.</li> <li>Once the athletes have mastered a basic standing long jump progress onto a 3 step run up and jump.</li> <li>Once the athletes have mastered this, encourage them to take a short run and jump. (At this point if the athletes are landing towards the end of the sand pit, they should be encouraged to take off earlier to avoid an accident).</li> <li>To finish the session, allow athletes to have 1-2 full jumps into the full length of the sand pit. (At this point you may choose to measure the attempts).</li> </ol>	<ul style="list-style-type: none"> <li>Provide accurate demo and ensure all athletes land with bent knees and straight back</li> <li>Encourage technique rather than distance jumped</li> <li>Encourage soft knees on landing</li> <li>Use arms to help gain extra height</li> <li>Lift feet up for extra height in the jump.</li> </ul>	
<b>Cool Down</b> [5 minutes]	<ul style="list-style-type: none"> <li>Athletes to do a slow jog to cool the body down, followed by 1 series of static stretches.</li> <li>Working from head to toe, stretching all main muscle groups.</li> </ul>	Coach / Coaching Assistant to lead: <ul style="list-style-type: none"> <li>Provide accurate demo and ensure all athletes do the stretches correctly.</li> </ul>	