

Creating  
effective  
training  
environments.



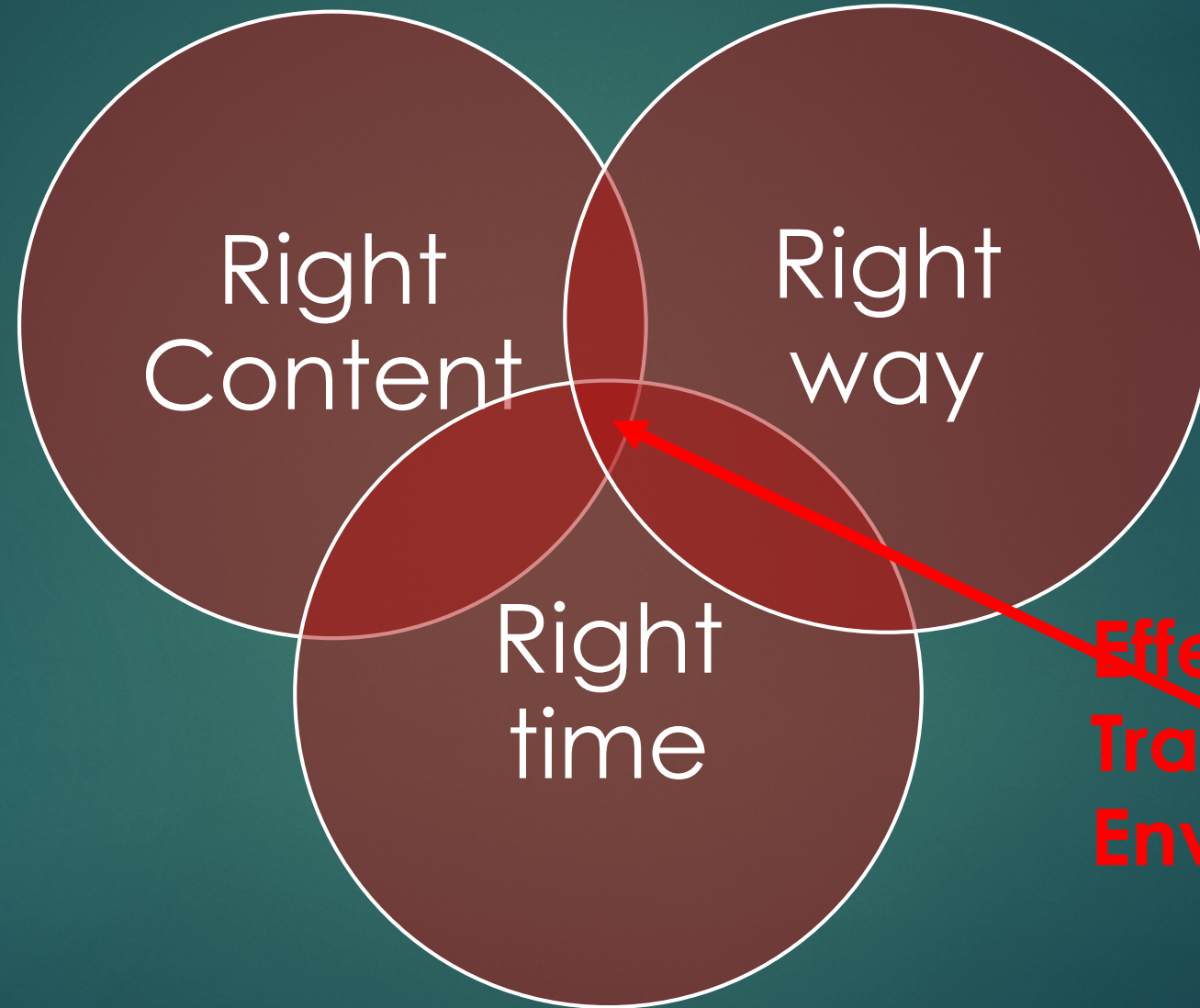


What is an effective training environment?

- Is it the same for everyone?
- What does it depend on?

**Think of a training or learning environment that you found effective.**

- What did the leader do well?**
- How was the content presented?**
- What made the content relevant or appropriate?**



**Effective  
Training  
Environment**



Do your athletes agree?

How do you know?

Write down 3 questions you could ask your athletes.