

Coaching Session Plan

Date: 15 th May	Stage of Athlete Development:
Time: 18:30-19:30	Foundation
Venue: Local track	Age group of Athletes: 11-13 yrs
	Size of group: 12
Equipment: cones, sand pit, rake, brush, mats, light weight med balls 2 kgs x 6, 2-3 kg shot, footballs x 6	
Session Goals for the Athletes (WHAT-2) Run/Jump/Throw By the end of the session the athlete will be able to... Do a short approach long jump with a high knee at take-off Extend the arms fully on release in a push throw (What-2 Physical Preparation / Fundamental Movement Skills) By the end of the session the athlete will have developed... body weight lunges with torso upright and knee behind foot	Personal Coaching Goals (HOW-2): By the end of the session I will have... Give a silent demo of extended arms in a push throw from 2 angles

Practical Session

Session Component	Unit Detail	Coaching Points (technical cues)	Organisation/ Safety- key points
Warm Up [10 minutes] R.A.M.P	<ul style="list-style-type: none"> • Skill introduction / progressions / differentiations • Time, intensity, recovery, reps Traffic lights warm up for 3 minutes Push pass relay in pairs with footballs for 3 minutes Skipping, progressing to high skips 3 x 20 metres walk back recovery	Extend elbows in push pass Drive knee up in high skips	20/20 metre warm up area
Main Session Unit A [15 minutes]	Stag jumps on the spot 5 secs / 3 sets Step and jump up 2-3 stride approach to pit and drive knee up and hold x 5 walk back recovery 3-5 stride approach and drive knee up and hold x 5 walk back recovery	Drive knee up and hold	Same space as warm up (with mats if required) □ pit raked, cones and mats. Make sure run way clear
Main Session Unit B [15 minutes]	Double handed push throw in pairs with football x 3 minutes Double handed push throw in pairs with light weight medball x 2 minutes Standing single handed push throw with 2-3 kg shot x 5 throws	Extend arms fully on release	Coned off safe area for throwing 20 x 30 metres Athletes in pairs 10 metres apart facing each other
Main Session Unit C [10 minutes]	Lunge on the spot both legs x 8 Lunge walking forwards x 15 metres Lunge with hands in the air x 10 metres	Keep tall Knee behind foot when in lunge position	Warm up area
Cool Down [5 minutes]	Traffic lights 3 mins Stretch shoulders, arms, legs, torso	Hold stretches for 15-20 secs	