

EXAMPLE COACHING SESSION PLAN

DATE: 13TH MAY DURATION: 1 HOUR (6:30 – 7:30)	STAGE OF ATHLETE DEVELOPMENT: MOSTLY FOUNDATION WITH SOME NEARING EGD		
VENUE: LOCAL TRACK, WINDY AND COLD	AGE GROUP OF ATHLETES: 10 – 12 YEARS OLD SIZE OF GROUP: 20		
EQUIPMENT: CONES, PIT, RAKE, MATS, TAPES, SCORING SHEETS.			
SESSION GOALS FOR THE ATHLETES (WHAT-2): WILL BE ABLE TO TAKE OFF FROM 1 FOOT USING A SHORT APPROACH	PERSONAL COACHING GOALS (HOW-2): BY THE END OF THE SESSION I WILL HAVE PROVIDED A DEMONSTRATION...		
PRACTICAL SESSION			
SESSION COMPONENT	UNIT DETAIL	COACHING POINTS	ORGANISATIONAL / SAFETY KEY POINTS
WARM UP (10 Minutes)	Sequences of shuttle activity including-walks, skipping, running, bounding, hopping and star jumps, split jumps and 2-footed jumps. Kangaroo time – teams of 5 – 6 athletes. Team has 20 jumps to score as many points as possible.	Head up, chest up, drive up Soft landing with knees bent	Use jumping grids with 4 lines for different point's intervals. Land on mats. Helper required for scoring.
MAIN SESSION Unit A (30 Minutes)	Standing Long Jump – all athletes to have 3 practices after demo. Further 3 measured attempts into pit or using mats. Short approach long jump – using 5 – 7 stride approach into a 1 footed take off into pit. Measure and mark approach run.	Hips high in take off Head up, chest up, drive up Soft landing with knees bent	Coach demo Use jumping grids along side of pit to maximise involvement
MAIN SESSION Unit B (10 Minutes)	Team competition into pit from a short approach, each team member has 2 jumps and scores points for landing on set zones.	Optimal approach speed Drive up with eyes looking ahead Don't look for the board.	Involves athletes in measuring, scoring and recording.
COOL DOWN (10 Minutes)	Jogging into walking (3 minute circuit) followed by stretching of lower back, hamstrings, quads, calves and hip flexors. Min 20 – 30 seconds hold.	Position athletes so all can see the stretches	Breathe out and relax into stretches. Hold stretch position for at least 20 seconds.

Example Written Coaching Plan

Sebastian Brünink

Example Written Coaching Plan:

Enjoying the Tune of Appearance: An Mental Symphony within **Example Written Coaching Plan**

In a global eaten by displays and the ceaseless chatter of quick conversation, the melodic beauty and emotional symphony created by the published word often diminish in to the backdrop, eclipsed by the constant noise and disruptions that permeate our lives. However, set within the pages of **Example Written Coaching Plan** a stunning fictional value full of raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that fascinating masterpiece conducts viewers on a psychological journey, well unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this moving review, we can discover the book is main harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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