

EXAMPLE COACHING SESSION PLAN

DATE: 13TH MAY		STAGE OF ATHLETE DEVELOPMENT: MOSTLY FOUNDATION WITH SOME NEARING EGD	
DURATION: 1 HOUR (6:30 – 7:30)		AGE GROUP OF ATHLETES: 10 – 12 YEARS OLD	
VENUE: LOCAL TRACK, WINDY AND COLD		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	
PRACTICAL SESSION			
SESSION COMPONENT	UNIT	DETAIL	ORGANISATION/ SAFETY KEY POINTS
WARM UP [10 Minutes]	5mins 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 practises 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.	Involve 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

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