

15 TIPS FOR PLANNING A COACHING SESSION

1

Organisation

Be organised. Take time to plan your session. Don't forget to reflect on it.



2

Goals

Set personal goals and team goals that you want to achieve from your coaching session.



3

Divide

Divide the session up into sections so you incorporate all the relevant activities.



4

Equipment

Prepare all the equipment before the session.



5

Individual Differences

Get to know each and everyone of your players. Tailor the session to meet their needs.



6

Avoid inactivity

Avoid sessions or activities where players are standing still or in lines.



7

Creativity

Prepare sessions where players can be creative and take risks.



8

Make it FUN

Don't forget to make the session enjoyable for everybody.



9

Communication

Make sure you understand the key terms and ways to demonstrate a new



10

Age Appropriate

Make sure that the content of the session is age appropriate.



11

Warm up/Cool Down

Plan for both a warm up and cool down within the session.



12

Engagement

Make sure that the session is engaging and allows for decision making and problem solving.



13

Development

Prepare sessions that allow for continuous development.



14

4 Corners

Incorporate technical, tactical, social and psychological skills in your session.



15

Progression

Plan activities that progress from easy to the next.



Coaches Practice Planner

CL Gary



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