

PREPARING A TRAINING SESSION

1. Choose a topic (an area to work on) - have an objective
2. Decide upon and organize the equipment needed for the whole session
3. Design the session plan (or regimen)
 - a. Warm-up (one eighth of total session time)
 1. should involve moving with or without the ball and stretching
 2. should mirror in some way the topic
 3. the heart rate should be increased (not fitness)
 - b. Body (one half of total session time)
 1. Explain why the topic was chosen
 2. Progressively teach the concept or technique
 - c. Games (one fourth of total session time) allow players to "play" with no restrictions
 - d. Warm Down (one eighth of total session time) jog and re-stretch, review what has been taught (ask players what they learned)

Things to Keep in Mind During a Training Session:

1. Pictures are better than words. Try not to overexplain, show players what you are trying to teach them.
2. Set-up and explain activities quickly. Let players attempt the exercise and then correct.
3. Try not to stop play too often (only to make clear coaching points that specifically address the topic (technical or tactical)).
4. Use players to show the coaching point.
5. Make "games" out of as many activities as possible. A competitive environment will challenge players and promote enjoyment.