

## EXAMPLE COACHING SESSION PLAN

| DATE: 13TH MAY<br>DURATION: 1 HOUR (6:30 – 7:30)  |  | STAGE OF ATHLETE DEVELOPMENT:<br>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):<br>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  | ORGANISATION/ SAFETY KEY POINTS  |
| WARM UP<br>(10 Minutes)   | 5mins of shuttle activity including- walks, skipping, running, bounding, hopping and star jumps, split jumps and 2-footed jumps.<br>Kangaroo time – teams of 5 – 6 athletes. Team has 20 jumps to score as many points as possible.                  | Head up, chest up, drive up<br>Soft landing with knees bent  | Use jumping grids with 4 lines for different point's intervals.<br>Land on mats.<br>Helper required for scoring. |
| MAIN SESSION<br>Unit A<br>(30 Minutes)  | Standing Long Jump – all athletes to have 3 practices after demo.<br>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.<br>Measure and mark approach run. | Hips high in take off<br>Head up, chest up, drive up<br>Soft landing with knees bent               | Coach demo<br>Use jumping grids along side of pit to maximise involvement  |
| MAIN SESSION<br>Unit B<br>(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<br>Drive up with eyes looking ahead<br>Don't look for the board.            | Involve athletes in measuring, scoring and recording.  |
| COOL DOWN<br>(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.<br>Hold stretch position for at least 20 seconds                           |

# Example Written Coaching Plan

**BM King**



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