



HOW TO PREPARE A TRAINING SESSION

Elements of preparation for a training session:

- Theme
- Objective(s)
- Coaching points
- Progressions
- Organization

Every session must have a theme related back to the game. Each theme will provide the opportunity to set up an OBJECTIVE(S) for the session. The OBJECTIVE(S) will provide the coach with a vision of what he/she plans to achieve from the session. (Ex. I want to improve my players ability to keep the ball at proper distances away from the body while dribbling).

To achieve your session OBJECTIVES, you must be aware of what COACHING POINTS you need to identify in order to create success with your players. You must design exercises, which allow you to highlight the COACHING POINTS you wish to present to the players. For young players pick 2-3 important coaching points and emphasise them throughout the session.

Each drill or small sided game should have a logical PROGRESSION which stimulates the player with a greater challenge technically, tactically, physically, intellectually, and emotionally. If you recognize the exercise as being too difficult or too simplistic, you will need to adjust your ORGANIZATION accordingly. A good coach is able to recognize that their practice is breaking down and able to adjust and fix the problem. For example, If the players are unable to keep possession of the ball in a small sided game because the space is too small, the coach can expand the area to provide the attacking team with more width and depth on the field.

As practice commences, check the following on the field:

O = Organization (equipment, players, balls, goals, area size, are there enough balls around the field to prevent constant stoppages)

A = Attitude (players have the right attitude in order to learn and perform well? How can you motivate your players?)

A= Ability (Activity is at a level that players can achieve success, if not how can I adjust the activity to suit the needs of my players?)

U = Understanding (do my players understand the activity?)

Y = Yourself (Am I clear with my instructions, do I look like a coach, show enthusiasm, am I ready to have fun!)

W = What (Stick to your practice plan and make adjustments if you need too) Avoid just coming up with practice sessions on the fly** Planned practice sessions are always more efficient, organized, and successful (Ex. School Teacher).