

COACH RESOURCE



Template: Training Session Outline

TRAINING PLAN OUTLINE

ACTIVITY	Non Negotiables	Equipment/Notes
Warm Up	Stretch! Take ownership Show leadership Prepared Mentally and Physically to Train	Talk to athletes about correct technique, and give them an idea of what the days session will entail
Conditioning Drills	Do the Extras! Peak Fitness = Peak Performance	Home programs, pre- training session drills – maintain fitness levels
Technical Drills	Fundamentals Form! "GAME PACE" DRILLS	Form, Technique, Preparation Add in time and score – competitive Add conditioning elements – ie sprint to next spot, full court drills etc.
Tactical Drills <i>Offense / Defense / Strategy</i>	TALK –Communication is Critical What are we known for... SOUTH WEST STYLE	Encourage talk, encourage Pressure, Contact and Intensity Coach On the Run!
Free Play	CONTEST Make Mistakes and Learn from Failures Masters of our own destiny	Make everything a competition – Time / Score / Personal Best Short Sided Games / Free Play

DRILL PROGRESSION

- Start with concepts and Fundamental skill development
- Then build in Game-Sense and Challenge to drills.
- Meet the athletes where they are at each week.
- Lead the energy, but don't force it. The WANT has to come from them.
- Know your "end goals" and where we want the athletes to get to – its Their individual athlete performance plan more than it is ours.
- Make drills harder each session by adding in additional elements, increased score targets, increased competitiveness, new rules, more pressure and challenge.
- Get better by, getting better.
- Set Plays and structure can be taught, but fundamental principles and development "free" play are more important and to be a focus.
- Player positions roles and responsibilities should be talked about, but don't confine players to set spots. They may be in a different position at their own club.
- Do not use sprints as only punishment. Vary with Push ups, sit ups etc
- We WANT athletes to SPRINT and push themselves hard.
- Vary up conditioning drills in training – Athletes get conditioning by participating in GAME SENSE drills. Running 2km round an oval is pointless if the game is played in short, sharp sprints.
- Same with punishments – get something out of it, not just sake of punishing. Be a coach, not a drill sergeant.

Date: _____

Venue: _____

Time: _____

PROGRAM

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Notes / Include Required Resources, Coaches, Attendance, Injury or Incident Information

This image shows a blank sheet of white paper with ten horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

TIME	ACTIVITY	Description	Equipment/Notes

[illegible]