

Topic – Planning A Coaching Session

Considerations before planning.

Who?

Players' age, gender, developmental, competitive, ability, numbers attending, fitness level, language, etc..

What?

Training Objectives or the topics to be taught.

How it is taught depends on who are the players-

Children

- Fun games, technique, co-ordination

Youth

- Skills, positional play, individual/group tactics, conditioning, mental skills, nutrition, fair play

Adults

- Team tactics, winning strategies, mental toughness, peak performance, diet & nutrition, gamesmanship

When?

At what phase/time does the session takes place?

- Phase - Early or late pre-season, in-season, mid-season break, post-season?
This will determine the objective(s) of the session, i.e. fitness, technical, tactical, recovery, mental, etc.
- Time - Morning, evening or night session with regards to climatic conditions, kick-off time, availability of players (school/work).

Where?

Where will the session be held?

- Outdoors - Availability, size & condition of pitch with regards to type of training.
- Indoors - Futsal hall, indoor stadium, classroom (theory/meeting sessions).
- Closed doors - To protect tactical plans from opposition analyst and/or media.
- Others - Running track, other surfaces, beach, cross country, gymnasium, swimming pool
- Overseas - On training tours or competitions with considerations on climate, geographical location (altitude), match venue familiarization.

Introductory Course

Why?

Always ask “Why am I doing this?” for every session that is planned and conducted.

Always ask “Why am I doing this?” for every activity that is undertaken within the session.

What is the main objective of the session (is it for the improvement of technique/skill, tactical understanding, physical fitness, recovery, etc?)

Is the main objective to develop players or win competitions?

If you have valid answers to such questions based on training, scientific and developmental principles, then you are on the right track.

Introductory Course

- After taking all these factors into consideration, the Coach should then plan the individual training session to reach the objective(s).
- Planning is a very crucial process and detailed attention must be paid.
- Not all factors are desirable or present, so the Coach must improvise, adapt and make full use of the resources available.
- As in all plans, there will be drawbacks. So the Coach must have back-up plans, based on 'What if?' scenarios, i.e. 'What if it rains?', 'What if a few players report sick?', etc.
- After planning and training, always review each session. Get feedback through peer dialogue, video-taping etc.
- Amend/adjust training program accordingly.

Introductory Course

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INDIVIDUAL SESSION PLAN

Team: _____

Venue: _____ Date: _____

Coach : _____

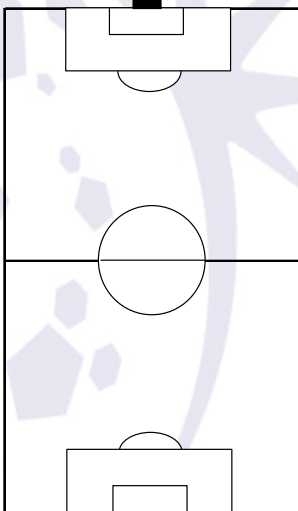
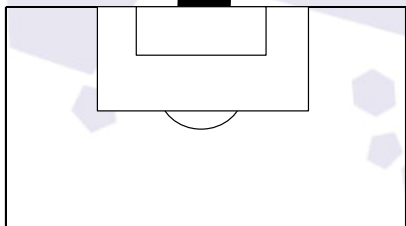
Assistant : _____

Topic: _____

No. Of Players: _____

Equipment: _____

Organisation: _____



Procedure:

Progression/ Variation

Key Coaching Points

Remarks
