leadership with
clontarf foundation

Lesson Plan

Organising a Training Session

This resource will develop students' skills and knowledge required to assist in the preparation and conduct a sport and recreation session.

This learning resource has five parts that can be completed individually or grouped together depending on the target group or time allocated for the lesson.

Resources required:

Activity One – Videos & Group discussion, access to Internet for video and butcher's paper or a Smartboard.

Activity Two - Brainstorm & collaboration, access to a Smartboard and/or print off a ***training session planner template***.

Activity Three – Exercise, students may need to go outside for this activity or in a hall, you will need to print off appendix 1

Activity Four - Small group activity you will need to print off appendix 2.

Activity Five – Understanding of knowledge check. See note in lesson plan.

	Lesson plan – Teachers	Resources / Students
Introduction	Students will have the skills and knowledge required to assist in the preparation and implementation of a training session. How: ➢ Watch video AFL football player – interview ➢ Group discussion ➢ Complete exercises ➢ Worksheet (evidence kept and add LMS)	
Activity 1. Videos & Group discussion.	Play video/s to class then have a discussion using the following questions; **Discussion questions** (mind map answers on white/smart board) Q1. What were the most important points to come out of the interview with ……? Q2. What were some good training tips to come out of the video/s? Q3. What methods did……. use to cope with pressure and unwind after a game, were they good examples? What would be some others? Q4. On self-improvement, what helpful information was provided by ……?	Follow the link on the website to access interview with AFL football player talking about this topic Video of a red bull extreme training session (extra) – both links show the same video. http://www.couriermail.com.au/sport/rugby/lions-star-owen-farrell-put-to-the-ultimate-goal-kicking-test/news-story/2b039c4eee416c8817ef3c8e3f59c393 https://www.youtube.com/watch?v=pW6cspcgOy8
Activity 2. Brainstorm & collaboration	Discuss formulating a training session and the points that need considering with students, use the headings and try and draw out from students the required information. Use a Smartboard to record the information for future use ***Note:*** *You can use the training session planner template and fill in as you go along the points as a sample – this could be*	

	displayed on a smart board and students take turns to input the information **1. How to structure a training session?** It is important to take time to plan each training session. Training sessions should be developed from two or three goals that have been identified for that session. The elements of a training session should include are: • session introduction • warm up • games, skill and fitness activities • cool down • review **2. Gathering information and setting goals.** Before planning a training session, you should gather information about the participants, and set goals. If you are working with a new group, the type of information you might need includes: • Previous experience in the sport • Level of skill of the sport as well as their level of physical fitness • Why they like to play the sport and what motivates them • Goals and aspirations in the sport • Any illness, injury or medical condition that might restrict their ability to participate. Goals help to guide the training session and provide a reference point to monitor progress throughout the session.	

3. Tips for planning training activities.

Session content:

- Over-plan rather than under-plan. It is easier to omit drills than to add unplanned drills.
- The session must have a variety of activities to ensure the participants stay active and enthusiastic.
- Look for new ideas and adapt old favourites or games from other sports.

Appropriate activities:

- Avoid activities that require inactivity or drills that eliminate participants. It is likely that the participants to be first eliminated will be the less skilled, who are the ones that need most practice.
- Use more groups with a small number of participants rather than a few groups containing large numbers.
- The activities must be appropriate for the participant's ability and age.
- Even younger participants are capable of working independently in small groups.
- Develop activity station cards that explain the drill to be practised.

Progression:

- Plan so that activities flow from one to the next smoothly. Have equipment close at hand and develop routines so that participants know what to do next.

Practice:

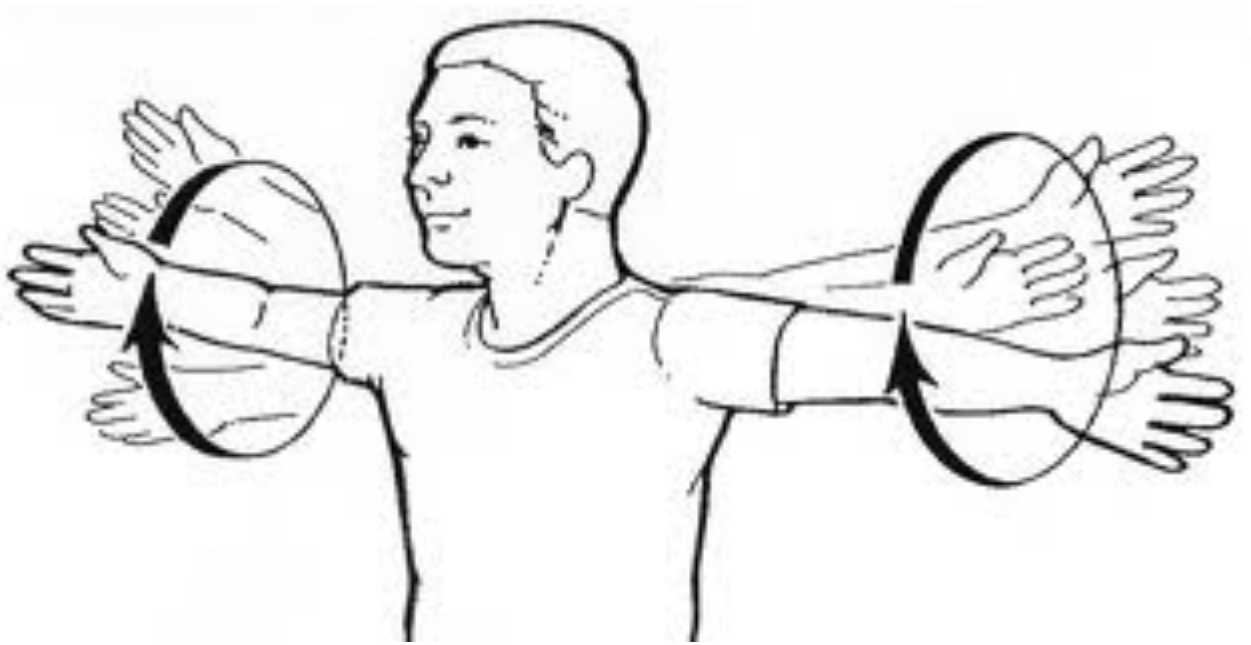
- Ensure enough time for participants to practice and experiment with activities. Practice in small-sided

	games is beneficial as it allows skills as well as technique to develop. **Cool Down:** • Slow run/walk/stretch. • As the players cool down, give feedback on the session and information on the next game/ training session. **Finish with a team cheer.** Follow on with activity 3	
Activity 3 – Exercise	Use the activity station cards to prepare a circuit and go though the steps outlined in activity 2, addressing the following questions; • Where should they be used – warm up / cool down, fitness, game skills? • Do they progress with each activity if not which order should they go in? • Should you demonstrate /train a person in the exercise to avoid injury, do correctly etc. • Are the activities appropriate to the skills of the students • Group size matter?	**Appendix 1 – Activity Station Cards** – Sample of activity cards that can be photo copied and laminated for use.
Activity 4. Small group activity	**Small group activity** Give each group / worksheet a card and give each group an activity from the list below: • warm up activities • games activities • skill activities • fitness activities • cool down activities	**Appendix 2** – Example Warm Up - cards/ worksheet to fill in, with example card.

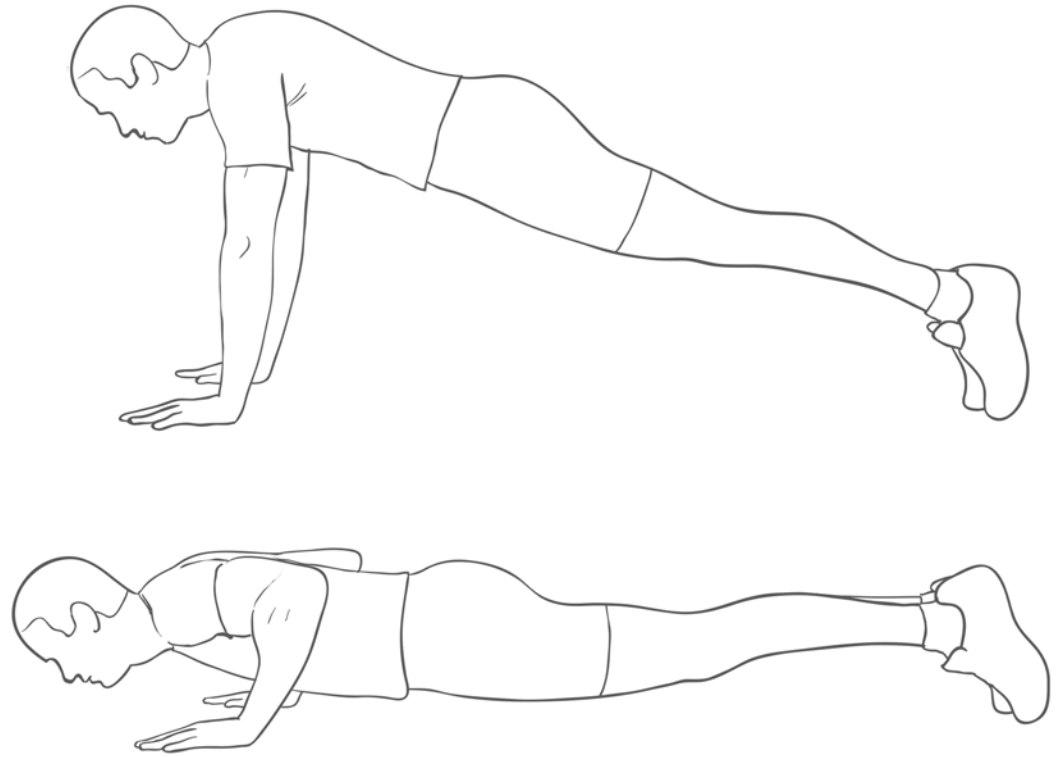
	Using drawings & writing descriptions, develop one exercise that meets the requirements of the activity. When finished discuss the appropriateness of the activities and place them in order to give an overview of a basic training session.	
Activity 5. Understanding of Knowledge check	Using the information from this workshop and SP2- WH&S in sports workshop. Complete the Training Session Planner Template planning document for a training session with the help of a mentor or Clontarf staff member. Arrange a time to conduct the training session with a qualified Clontarf staff member supervising and gaining feedback at the end of the session as outline in the template document. **NOTE:** keep copy of end product for student's portfolio as evidence	This can be completed as a group project or individually on the template – ***SP5_Prepare and conduct training session-template*** ***See appendix 3 for 2 levels of template examples*** (Keep as evidence in student portfolio)

Appendices

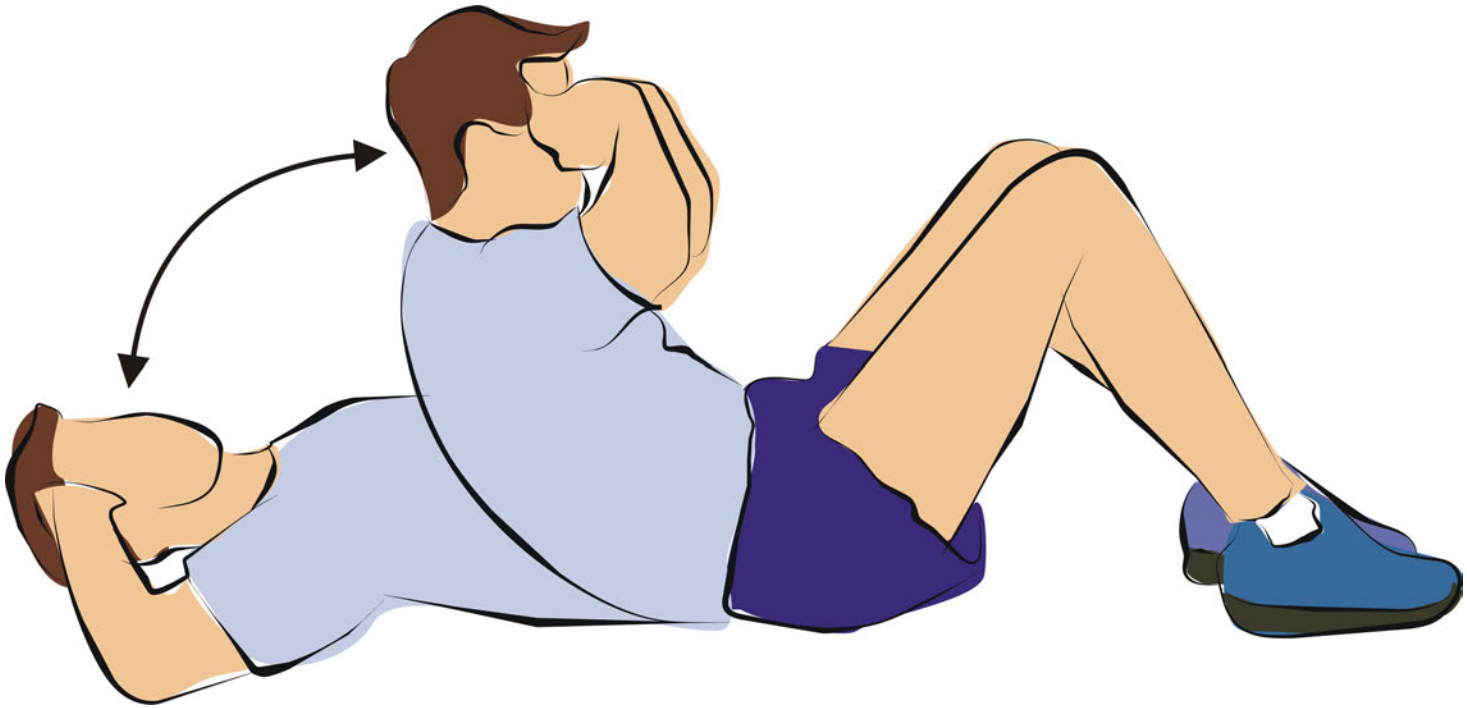
ARM CIRCLES



PUSH UPS



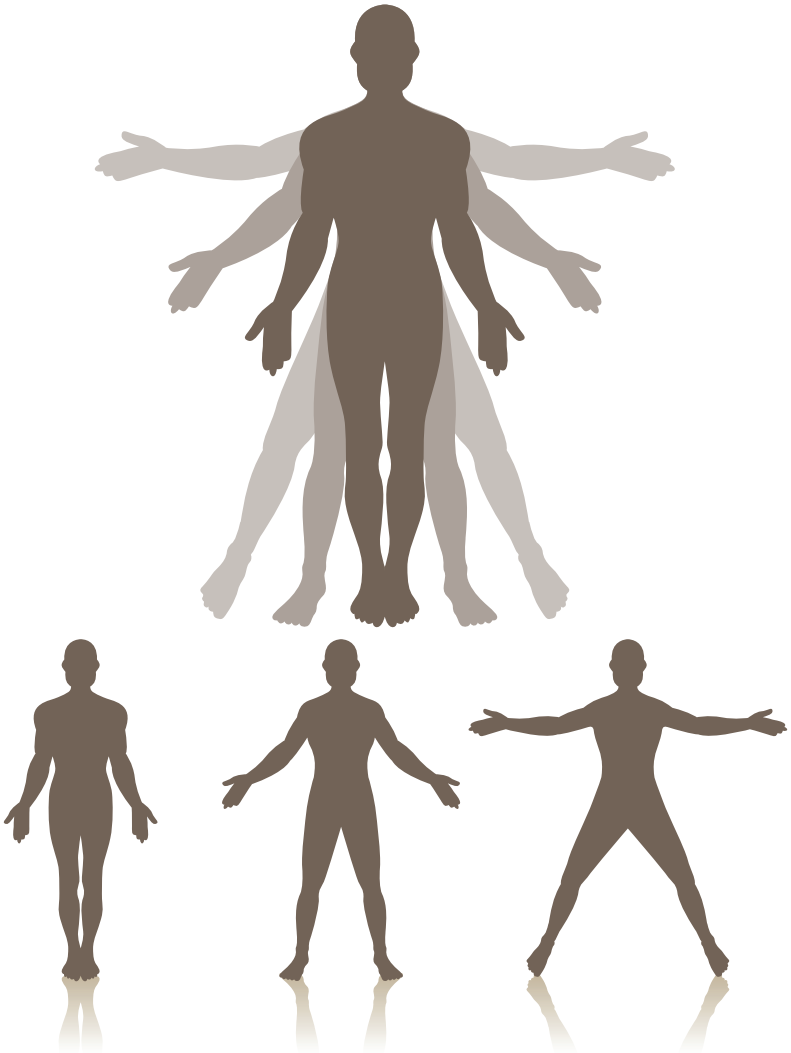
CRUNCHES (SIT UPS)



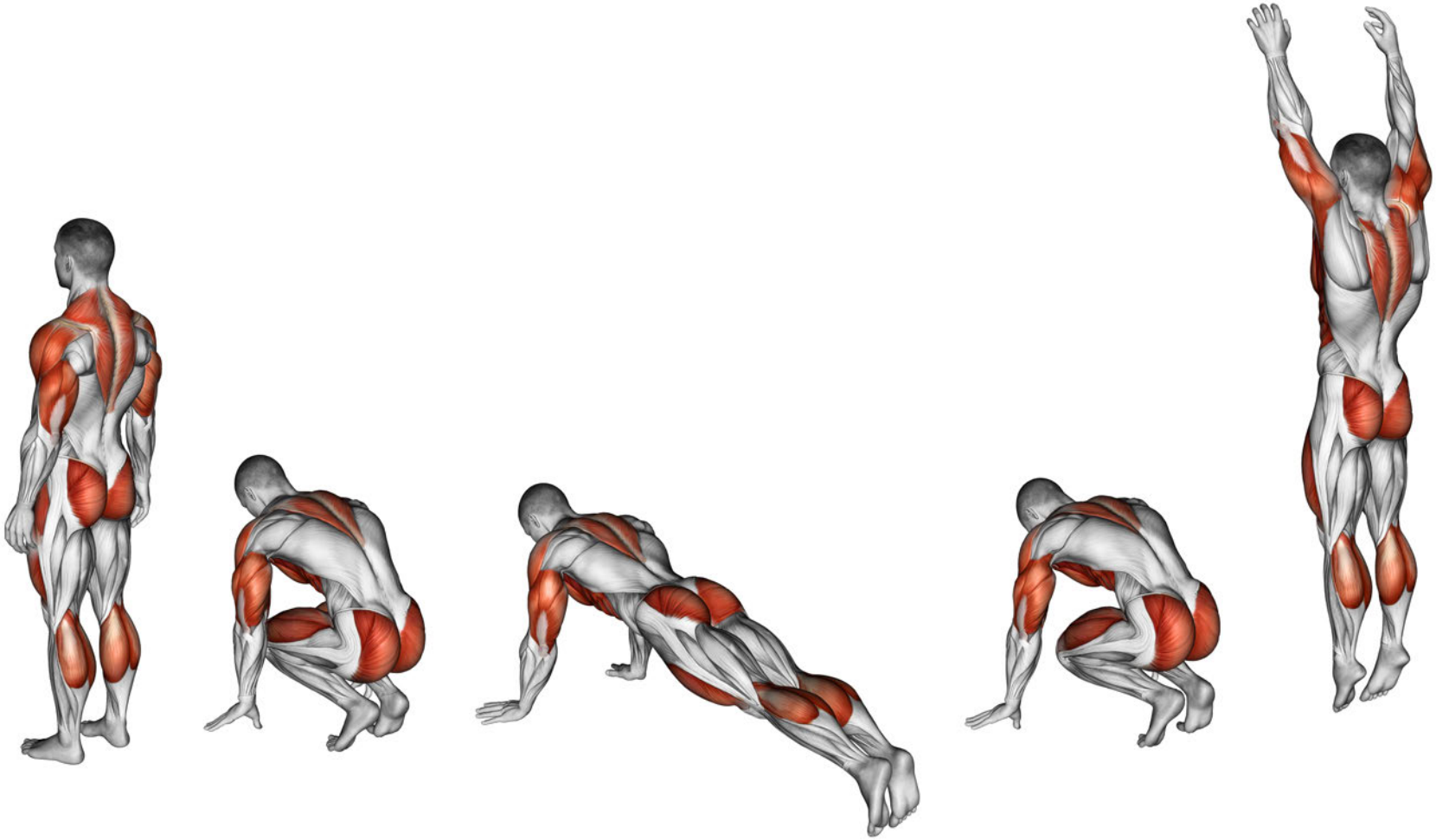
SHUTTLE RUNS

https://kingsportstraining.com/blogs/training-blog/7359616-combine-training-how-to-run-the-pro-agility-shuttle/

STAR JUMPS



BURPEES



JUMP SQUATS

http://hiitacademy.com/hiit-exercise-how-to-do-14-squat-jumps/

Appendix 2
Example – warm up

Warm-up 10

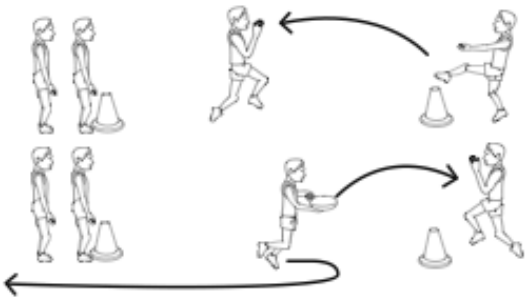
Off the fence

Player A runs towards the kicker and marks in their hands, handballs back to the kicker and returns to the end of the line. Once the kicker has kicked to every player in their group twice a new kicker is used. For variation: Increase the distance and kick with alternate feet

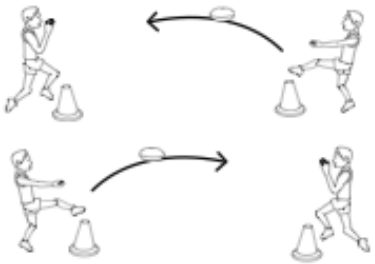
Partner Kicking – One ball between two.

Players start by kicking in pairs over short distances while stationary. After a while, gradually increase the distance with players leading on a slight angle to meet the ball.

Off the fence



Partner Kicking – One ball between two.



Appendix 3
Option 1

Training Session Planner	
Activity Type:	Date:
Goal of activity:	Time:
Instructions:	Diagram of activity:

Option 2 (blank template can also be downloaded from website)

Training Session Planner

Date:	**Team:**	**Equipment Needed:**
Venue:	**Duration:**	

Main Objectives: (Aims for session)

- The aim of today's session is to work on improving.

Warm up activities: ➢ E.g. Active stretches ➢ Warm up run	**Drills and Games:** ➢ Groups of 3 – "piggy in the middle" activity. Change roles after achieving an interception. Add an extra defender to Progress to a 2 v 2 situation.	**Cool-down activities:** ➢ Static team passing game. ➢ Static stretching.
Coaching tips/ questions/challenges: ➢ Piggy in middle– Ask participants to identify the best place to stand to defend the pass.		**Group management:** ➢ Identify a person to be 'captain' of each group in game activities to encourage leadership.

Risk Management: (To manage a number of risks during training and competition. The risk management planner below can assist record & identify the risks and the design strategies to reduce or minimise the risk).			
Risk Identification	**How to minimise risk**	**Timeline**	**Responsibility**
Environment.			
Example: Tripping hazards = spraining ankle	Check the training ground before training to make sure all pop up sprinklers etc. are in the ground, holes in ground identified or filled in etc.	Before training starts	Person leading the training
1.			
2.			
3.			
Participants/Other Personnel.			
1.			
2.			
3.			
Other.			
1.			
2.			
3.			

Session Evaluation: (Brief description on how training session went?)	
Training ground set up:	**Weather:**
Rate performance	
Rate session (1-10):	**Rate your Coaching (1-10):**
Improvements: (Brief description what could be improved with the training session?)	

Competency			
Student Name.			
3rd Party Acknowledgment: Clontarf Leader			
I ……(Full name) of……Clontarf Academy here by acknowledge that……(Students name) has shown they are completed the organisation and delivery of a Training session under my supervisor.			
Gaps in performance:	Competent	YES	NO
Date of final decision:			
Students Name:	Signature:		
Assessors Name:	Signature:		