

TRAINING SESSION

Ultimately how people feel about your first few coaching sessions will ensure they keep coming back again and again to enjoy our sport therefore it is essential to make your first session a memorable one.

How to Structure Your Session

It is important for a coach 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 that all coaches should include are:

- Session introduction
- Warm up
- Games, skill and fitness activities
- Cool down
- Review

Gathering Information and Setting Goals

Before planning a training session, coaches should gather information about their players, set goals. If you are working with a new group, the type of information you may need includes:

- Previous experience playing ladies gaelic football
- Level of development
- Why they like the sport and what will motivate them – think of your age group

Goals should be established for the season as well as each training session. Goals help to guide your training program and allow you to monitor progress throughout the season.

Tips for Planning Training Activities

Session Content

- Over plan – it is easier to remove drills/games than to try and add unplanned activities
- The session must have a variety of activities to ensure the participants stay active and enthusiastic. Look for new activities and adapt old favourites or games from other sports

Appropriate Activities

- Avoid activities that require inactivity or drills/games that do not have all participants involved. It is likely that the participants that are eliminated first will be the less skilled who need most practice
- Use more groups with small numbers of players rather than having large numbers in groups waiting for their turn
- The activities must be appropriate for the participant's ability and age

Progression

- Plan your session so that activities flow from one to the next smoothly. Have your area set up in advance with all equipment in place so you have easy transitions from one activity to the next

Practice

- Ensure your players are given enough time to practice their skills particularly through small sided games as these will allow skill as well as technique to develop

Engage Your Players

It is essential that you engage with your players and ensure that they listen to you and you have their attention. The following strategies can be used to engage your players:

- Voice and Expression – by having a clear voice and volume to suit the situation coaches can gain the participants attention and add qualities such as excitement, concern and annoyance
- Eye contact – by maintaining eye contact the coach can personalise things, give expression of confidence and add expression to the message
- Signal for attention – most coaches use a whistle and others use other commands but whatever the method it should be loud, different and gain attention. You should have a response they need to a signal for example when whistle sounds after activity you run straight to coach and drop footballs at feet within ten seconds
- Ask questions – using questioning and discussion techniques shifts the focus from the coach to the participant and allows the player to become more involved in the learning process. It is also important however not to spend too much time talking but more time active
- Praise and compliment – sincere and equitable praise and compliments to the group and individuals provides incentive and motivation to the players. Remember to be fair and praise all players
- Quality Instructions – combining brief clear instructions enable the coach to maintain the interest of players. It is difficult but essential to limit instructions to one or two key points
- Increase Participation – long queues at activities or using large playing areas and large numbers of players on teams greatly reduces the opportunities for players to be actively involved and therefore decreases levels of enjoyment. It is important that you organise to have everyone involved at all times.

Coaches 10 Point Plan

- 1. Be prepared**
- 2. Over-organise...have lots to do!**
- 3. Sort out 'paperwork', register etc.**
- 4. Be early**
- 5. Make a good first impression (*no second chance!*)**
- 6. Greet players by name**
- 7. Start (*and finish!*) on time**
- 8. Establish expected behaviour**
- 9. Make first activity demanding**
- 10. Be yourself!**



Sample Session Plan Template

Date:		
Venue:	Time:	
Duration:	No. of Participants:	Age Group:

Aims of the Session:	Equipment Needed:
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ACTIVITY	CONTENT	DIAGRAMS
Warm Up		
Main Activities		

ACTIVITY	CONTENT	DIAGRAMS
Cool Down		

Basic Equipment You will Require:

Footballs (Preferably 1 per person/pair), cones and bibs