



# Sports Studies - R185 Topic Area 3



## Planning a training session:

1. **Venue:** Must be appropriate for the size of the group, the activity and the weather
2. **Equipment:** There must be enough equipment for the group and it must be in good working order
3. **Timing:** Must be suitable for the age and ability of the group. Must allow for progression.
4. **Supervision:** Depends on the group. Use the correct ratio of adults to children
5. **Contingency plan:** Your backup plan, if the original plan doesn't go as expected.

## Safety considerations

- Risk assessment: Lists the risks / hazards and their likelihood and severity. Includes ways of reducing risks
- Hazards and Risks: Things which could cause the participants harm. May relate to facilities, equipment or clothing
- Basic 1st Aid: A well stocked first aid kit should be available to deal with injuries
- Child Protection: Know who to contact with concerns
- Emergency procedures: Know what to do in an emergency
  - Location of 1st aid equipment
  - Contact details of first aider
  - Location of telephone

## Safe Practice

It is your responsibility to:

- Check that the environment is safe
  - Check for broken glass
  - Check area is not too slippery
- Make sure that your planned activities are suitable for the venue and the number of participants
- Organise the group and activities safely
  - Remember to adult-to-child ratios
  - Consider splitting groups into smaller workable groups

## Parts of a Training Session

### Introduction

- Say who you are
- Give your session objectives
- Check for injuries

### Warm Up

- Prepares the body and mind for exercise
- Includes a pulse raiser, stretches (static and dynamic), modality exercises and skill rehearsal

### Skill and technique development

- Structure the activities for progressions
- Plan for participants who may find it too hard or easy
- Begin with basic drill and add in elements to increase difficulty such as travel and opposition players
- Consider whether fixed, variable, whole or part practice will be most effective
- Progress to altering contexts e.g a competitive situation with conditions of practice

### Cool Down

- Returns body to resting state
- May reduce muscle stiffness and fatigue
- Includes stretching and light exercises

### Conclusion

- Summary of your objectives
- Thank participants and praise their efforts
- Give information about next session if needed



# Sports Studies - Topic Area 2



## Organising the session

### Timings

- Consider the length of each activity
- Consider the overall session length

### Reliability

- Be punctual
- Run the session on time

### Adaptability

- Make changes if
  - Activities are too hard or too easy
  - More or fewer participants arrive than planned for
  - The weather requires a change of venue

## Leadership Styles

### Autocratic

- Makes decisions without asking for participants opinions

### Democratic

- Bases decisions on participants opinions

### Laissez-faire leader

- Allows participants to just get on with things by themselves

## Delivery Styles

### Proactive

- Session is fully planned, including solutions to problems

## Delivery Styles

### Reactive

- Session is adapted in the response to the situation

## Leading the session

**Activity-specific details** - Activities must be suited to the sport, the abilities of participants, the venue and the objectives

**Adaptability** - You may need to make a drill easier or harder to meet the needs of all participants

**Communication** - Includes verbal and non-verbal e.g gestures, hand signals. Use language appropriate to the group

**Positioning** - We will you stand for demonstrations and explanations

**Motivation** - You need enthusiasm to motivate participants to try hard in your activities

**Confidence** - Leaders need to be confident, planning well will help this

**Creativity** - Keep drills interesting

## Reviewing your session

### Questions to ask yourself

1. Where the activities suitable?
2. Did you consider the abilities of the participants?
3. Was the order of the activities effective?
4. Did I have the right equipment?
5. Did you use your space effectively?
6. Did you adapt your session if needed?
7. Did you spend the right amount of time on each activity?
8. Did you keep your participants motivated?
9. Did your positioning allow effective group communication?
10. What changes / improvements would you make if you did your session again?