



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?