

## **Session Planning**

Don't get too bamboozled with all the technical stuff to do with periodisation or whatever word is being used nowadays. Let their training and biological age guide you.

- For those working with the very early age groups (Under 10's for example) their maturation stage dictates most things. They will have a very short attention span so keep doing lots of small packages of things.
- Their fine motor control may still not be developed so choose actions and postures that are appropriate.
- Don't let them queue so divide them into very small groups.
- Don't say too much in your descriptions – one main point at a time will be OK.
- Let them discover things as well as be told things.
- Choose a sports-specific thing to do that is a cornerstone of their technique – in other words, teach towards something that matters.
- Remember that you are responsible for their Physical development to add units of this work.
- If you are involved in teaching a game then apply all the parts you have been teaching into some type of game – including appropriate levels of opposition.

## **Overview**

- Get them ready with a Warm-Up.
- Get them to solve puzzles.
- Teach them a technical component.
- Get them strong and stable.
- Apply what they have learned.

You can cycle through this several times

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