



COACHING PRACTICAL

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| Workshop Title | Coaching Practical | Workshop Duration | 1 Hour, 15 Minutes |
| Purpose of Session | | Learning Outcomes | |
| To demonstrate classroom theory in a practical setting | | By the end of this session the participants should: 1. Be able to identify the key characteristics of a good coach 2. Be able to see how techniques are developed from activities into small-sided games | |
| Materials Required: | | | |
| Practical Workbook Cones Scrimmage Vests Soccer Balls Portable Goals Corner Flags Clip Board & Pen | | | |
| Techniques and Organization of Groups: | | | |
| Outdoor Practical Workshop Set up a 20 x 20 yard square and a 30 x 40 yard field space adjacent to the square. Change the space if the number of active participants demands | | | |

| Time | Facilitator Notes | Organization | Resources |
|---|--|---------------------|--|
| 00.00 to 00.10 | <u>Activity 1</u> Conduct a Group Warm Up to include one passive stretching activity and one active movement game | See Game Page notes | 'Warm Up' activity for Stretching and 'Traffic Control' for movement |
| 00.10 to 00.15 | <u>Activity 2</u> Debrief the Warm Up. Ask the group to identify the key elements of the Warm Up (increase the player's core temperature, stretch out muscles to minimize risk of injury and have fun). Ask the group whether these keys were observable in our Warm-Up activities? | See Game Page notes | |
| 00.15 to 00.25 | <u>Activity 3</u> Introduce activity # 1. Select twelve volunteers or as many as you have available if less than twelve. Develop the activity through the progressions and introduce the key coaching points | See Game Page notes | 'Old Trafford' activity |
| 00.25 to 00.30 | <u>Activity 4</u> Develop the key coaching points in a small-sided game | | Small-Sided Game |
| 00.30 to 00.40 | <u>Activity 5</u> Introduce activity # 2. Substitute new volunteers in or use the same twelve volunteers or as many as you have available if less than twelve. Develop the activity through the progressions and introduce the key coaching points | See Game Page notes | 'Dungeons & Dragons' activity |
| 00.40 to 00.45 | <u>Activity 6</u> Develop the key coaching points in a small-sided game | | Small-Sided Game |



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| <u>00.45</u> to <u>00.55</u> | <u>Activity 7</u> Introduce activity # 3. Select twelve volunteers or as many as you have available if less than twelve. Develop the activity through the progressions and introduce the key coaching points | See Game Page notes | 'Numbers Up' activity |
| <u>00.55</u> to <u>1.00</u> | <u>Activity 8</u> Develop the key coaching points in a small-sided game | | Small-Sided Game |
| <u>1.00 to</u> <u>1.15</u> | <u>Activity 9</u> Debrief the activities and small-sided games. Use the coach assessment sheet to evaluate content, methodology and modeling behaviors | | Coach Assessment Sheet |
| Assessment | | | |
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| References: | | | |
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| Additional Reading: | | | |
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| Facilitators Notes | | | |
| Note – Use the Coach Assessment Sheet as your guide in evaluating their performance. | | | |