

Week 2



Week 2- Recap, Your session plans, 4 C's, evaluations, what's coming up?

Week 2- The session plan & planning

What are the expectations from you?

What will I deliver today?

How will it be organised at the LC?

The 4'cs

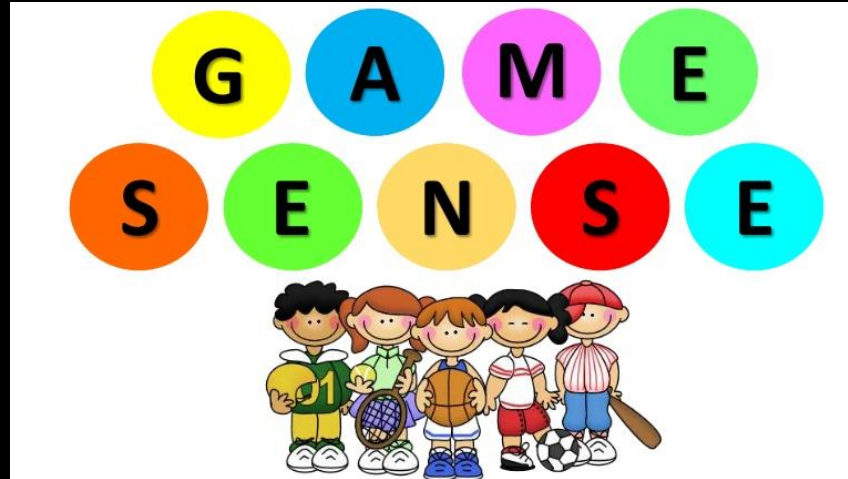
TIPS:

1- Plan

2- Pick one or two coaching points

3- Challenge your participants (Traffic light game, what are you comfortable doing?)
comfort / panic / stretch

4-Make it fun



Ways to control your group:



Planning:

Not everything goes as planned

Always plan / over plan

What does / should my session plan look like? In practice and in theory

Feedback from LC



Leader Name: Group: School Children	Venue: LC2 Space/Area: One Badminton court Time: 10:30am Number of Participants: 12-20 Ability of group: Mixed	Equipment Needed: Batch of colour co-ordinated cones, batch of bibs, bag of sponge tennis ball, bag of rugby balls, bag of footballs.
Sport/Activity: Catching Main Focus: Catching	Identified Hazards and actions taken: All checked and participants made aware of procedure and fire exits in need of an emergency	Learning from previous session: N/A

10mins - Game 1 – Passing and Catching of a sponge rugby ball.



Increase participant's ability to move around an area.

Communication/ Passing and Catching Skills.

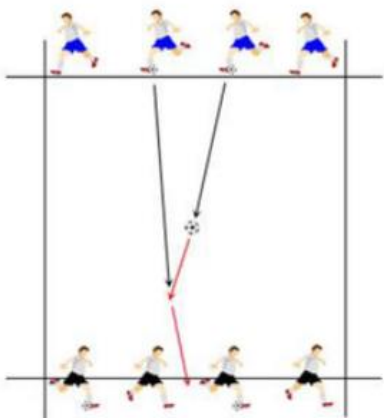
- 1 – Keep head up at all times whilst running around the area, make sure not to collide with other players.
- 2- Communication is a must as it is important to know when to pass the ball to the players on your team.
- 3- To focus on the catching of the ball, having soft hands and taken the ball into your chest to avoid dropping.
- 4- Make sure to put up a target in front of you to make it

To begin the game 2 people are 'on'. They have to chase the people that are not 'on' and tag them. The only way the other people in the game can be tagged is by the people that are 'on' touching them with the rugby ball. This can only be done by passing the ball between the 2 people that are 'on' and using good communication skills and movement to achieve this.

When they have tagged another participant, who was not on, that person is 'stuck in the mud'. They stand with legs and arms out and they cannot move. The only way to release them is if another person who is not stuck goes under the participant that is stuck to free them. They can go through the person's legs, or under their arms.

If the game is becoming too difficult, there can be an introduction of another person who can be 'on' who will then have a special ball that they can run with to help the other two participants who are 'on'.

During some of this game participants will be able to gain confidence from their teammate's praise, along with having a chance to express their creative instinct in defence and attack with different formations.

8 minutes	Activity 2 Crossfire 	To have fun and to accurately shoot ball at target at speed.	Look at the position of the target ball while shooting. The game is about who can get target ball over opponent's line first so shot should be aimed and shot fast.	The coach will mark off an area of suitable size to suit the number and age of players. The group will then be split in to 2 teams, each team lines up on opposite sides of the area. One target ball will be put in the middle of the marked area and each team will have 3 balls as ammunition. The aim of the game is to knock the target ball over the opposition's goal line. Both teams can fire at the same time. Idea from Teachpe.com. Progression. One team mate passes it and the other shoots. One or two touch before shoot. Add more than one target. Make space bigger.
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	Cool down / plenary	To get rid of any lactic acid built up.	Static stretching when cooling down and walking and not running.	Everyone who took part in the session will walk around the sports hall and stop at every corner of the hall to stretch a part of their body. Each corner will mean a different part of the body to stretch.
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Group Task- 4 C's

How as a coach will you consider-

1-Competence of the group

2-Improving confidence

3- The connection between participants

4-Encourage creativity

Flip chart rotation



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Next Week:

Lecture 9 am- Feedback / SKIP / Reflection

LC- Delivering to older children using the booklet to plan

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- Group Planning time
 - Everyone must have 1 game to deliver
 - Plan a running order
 - 1 half the hall to deliver in
 - Skills- Running, throwing, catching
 - Use the card to form a plan
 - 40 minutes
- One person leads each game
- When you are not leading observe in preparation for your delivery





Friday 8th November

**Hand in 2 session
plans. (must be 2 out
of the 3 below)**

14th October- Penllergaer- Improve 3 basic skills

21st October- Brymill Primary – Booklet games

**28th October- Sports Camp delivery- Meet 9am- arrive back 3:30pm
to Uni. Delivery sessions 7-11 years @ Ystalyfera TBC**

Etiquette

No phones!!!

Kit?

Equipment?

**When not
delivering?**

**Language
Enthusiasm
Teamwork!**

