

Week 4



Session plan reflection

Teaching the early years

Stages of development

Planning for delivery at the LC

Practical delivery / practice EDD

Feedback from last week



Speak to the person
next to you

2 positives

1 thing you would change

Feedback from last week

Positives

Organisation- set up, equipment ready
Communication
Team work
Splitting the group into smaller groups
Professionalism- Kit / Language
Children HAD FUN!!
Mixing up the delivery / games / drills

To Improve

Make sure skill development takes place
Variations in drills
Demonstrations
Reinforce coaching points
One person taking to much of the lead
Picking up equipment- children to do it
Fault ID and correction
Demonstrate the correct technique
more
Spend longer on demo / repeat demo
Less time explaining

Mark Napieralla: Advanced Sports Coaching:

Activity 1

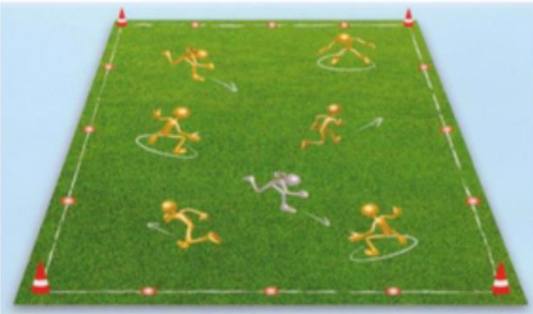
Throwing soft toy in hoops



The purpose of activity 1 is to give players the chance to practice their throwing technique in preparation for the game

Balance on leg in front, hold soft toy in hand sticking out and keep eye co-ordination until toy reach inside hoop, follow through with a forwards swing.

Mark Napieralla: Advanced Sports Coaching:

Activity Name / Diagram	Goals for the activity	Key Points / Coaching Points	Explanation / Progression / Gaminization
<u>WARM UP.</u> <u>Stuck in the mud game</u> 	Fun warm up game for players to move around in different directions before they catch a bib.	Hand eye co-ordination, line eyes up and focus on bib, both arms out to grasp bibs while learning how to coordinate catching better, spread fingers & reach toward bib, bend arm at elbow to help reduce impact	• One player will be chosen to tag players. • All the other players will be scattered around the coned area with cold • The chosen player will run around as many participants as possible • When tagged, players must stop hands in the air, pass bib to and and they can only move again when they have received another bib. • Game will continue until instructed by blowing a whistle • Water break given

Mark Napieralla: Advanced Sports Coaching:

4 C's information
On moodle
Can be used as a guide

Reflecting

Were the aims of the session achieved?

Identify which ones were achieved and which if any, were not.

Players managed to grasp the key factors of dribbling the basketball although they struggled to grasp how to get around a defender while dribbling and mainly used passing. They didn't seem to fully understand that they could dribble around the defenders instead they considered passing continuously.

Reflecting

What factors helped ensure that your aims were achieved?

(Reflect upon organisation, appropriateness of activities, coaching styles.)

The timing of this activity was much more organised with the use of a delegated timer. The equipment was also better organised by using a coned off area in which no one could enter to get the equipment and items were placed there when needed.

The activities were very appropriate for both the aim of the session and the age group of the participants, they all seemed to enjoy and learn from the experience.

Warn up and cooldown

Repeating the non-achievable activity during the session

Reflecting

What were the reasons for you not achieving your aims? <i>(Reflect upon organisation, appropriateness of activities, coaching styles.</i>	It was my belief that all of the aims of the session were achieved.
What changes (if any) did you make to your session that were not in your plan and why?	No changes were needed to be made.
What changes (if any) did you make to your session that were not in your plan and why?	The timings for each activity were changed as some went overtime although others felt too slow and dull so were sped up. I also added in more actions for activity one to make the game more interesting.
Would you do anything differently if you were to deliver the session again?	Keep a closer eye on the timing by using a stopwatch or something similar so that there was an indication into how long we have per activity. I would also change where they stood at activity 3 so that the ball is not travelling too far for the catcher, and introduce a point system in it so they are more likely to take it more serious and try and catch the ball.

Reflecting

What have you learnt about your coaching from this session?

I have learnt that if I am going to try and teach other a certain technique of a shot then I must practise the technique myself beforehand and also be more patient when coaching people of my own age because everyone has different ability levels.

Reflecting

Personal Action Plan

Using the information above, what changes will you make to your planning, coaching delivery and organisation in future sessions?

I would change my positioning when delivering the sessions as I found myself to be standing either too close to the participants to where I could not effectively demonstrate or I found myself to be surrounded by the participants, therefore it was more difficult for them to understand the aim of the activities. By getting them to sit down on a specific line would help in to deliver.

I would also organise the equipment in the same way by using the coned off area but will return the items after every activity so they are aware they are starting a new one but also, they are not distracted with items while I am delivering.

What is **Physical Literacy?**



physical skill + Confidence + Motivation + Lots of Opportunities = Physical Literacy

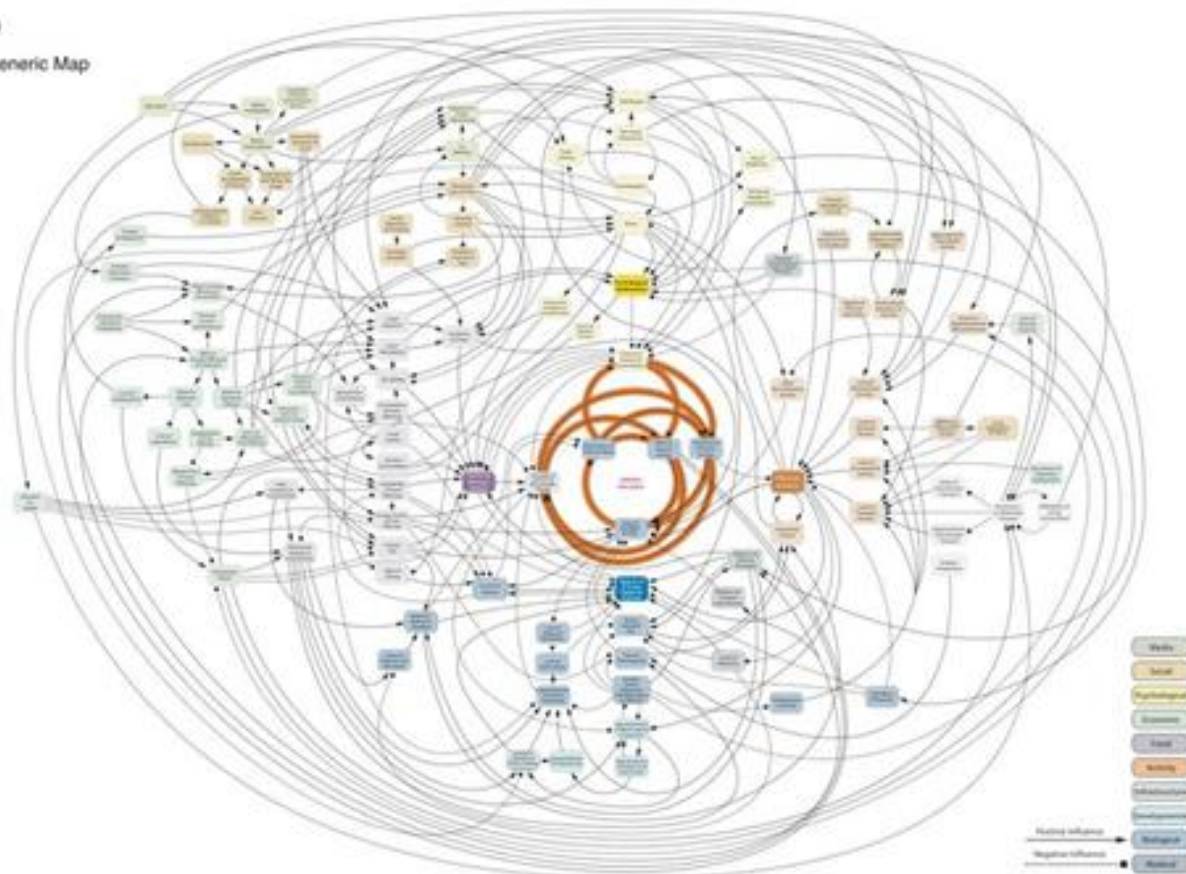
What influences the Development of children?



Wesley Muresan

Obesity system map

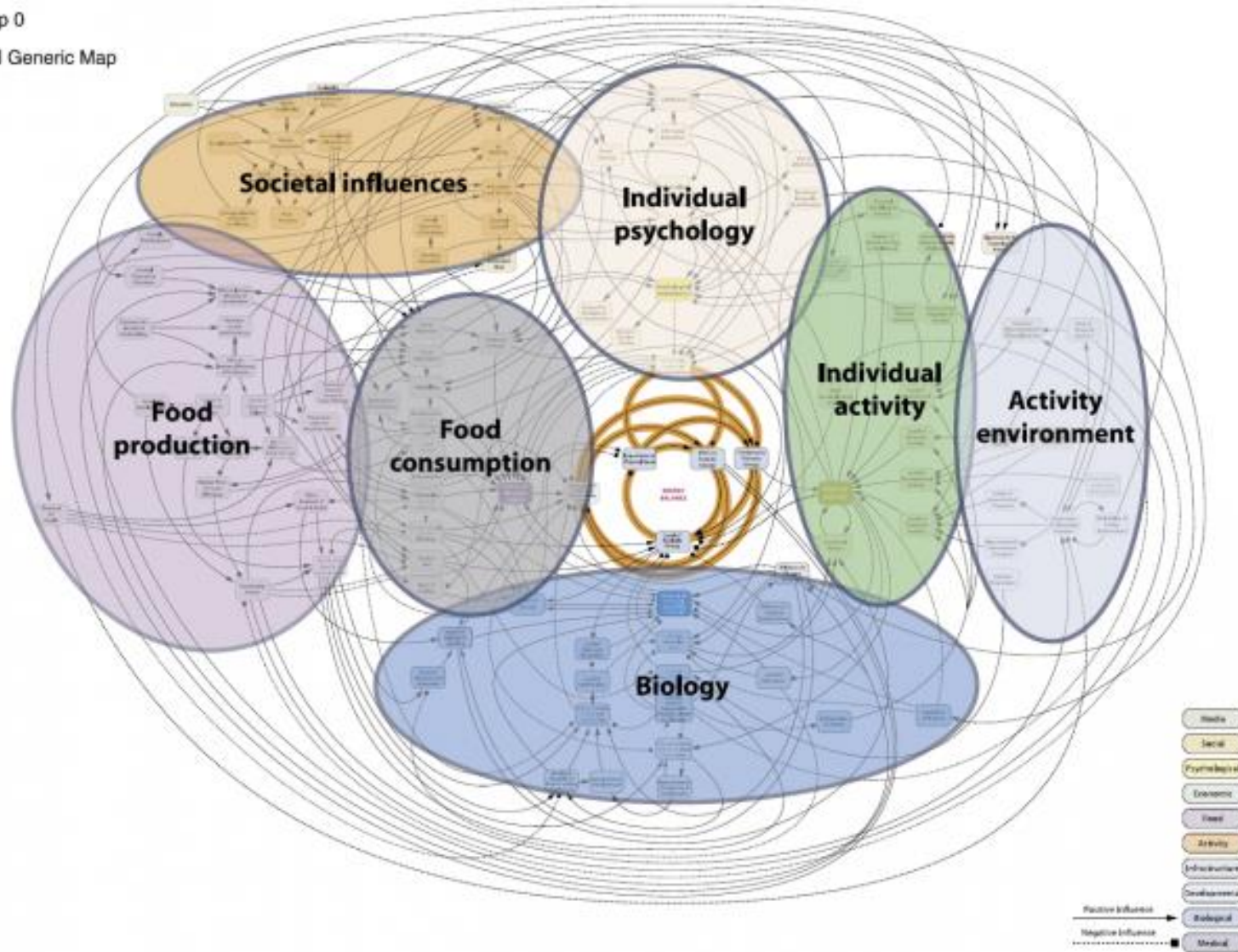
Map 0
Full Generic Map



Obesity system map

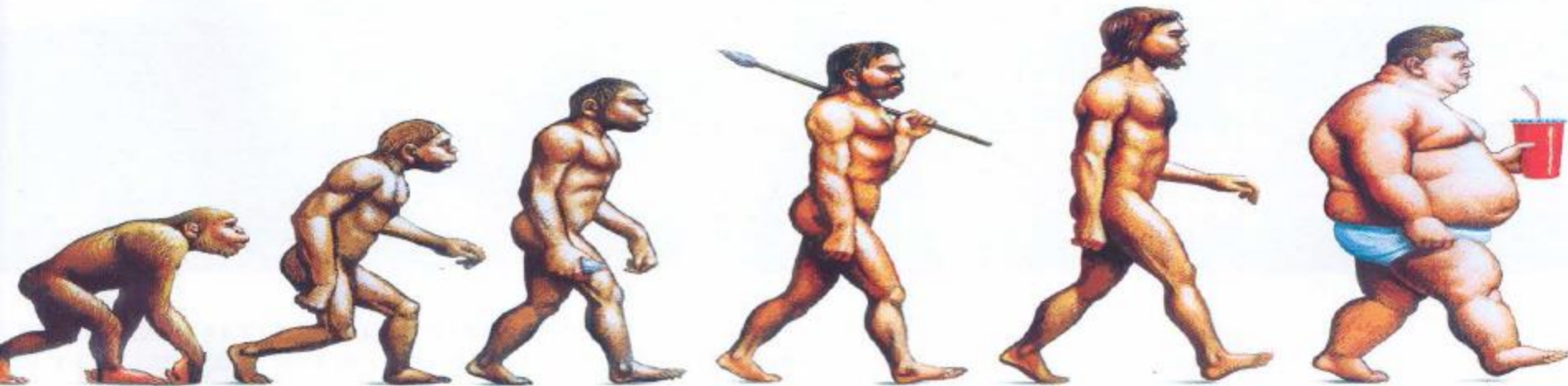
Map 0

Full Generic Map

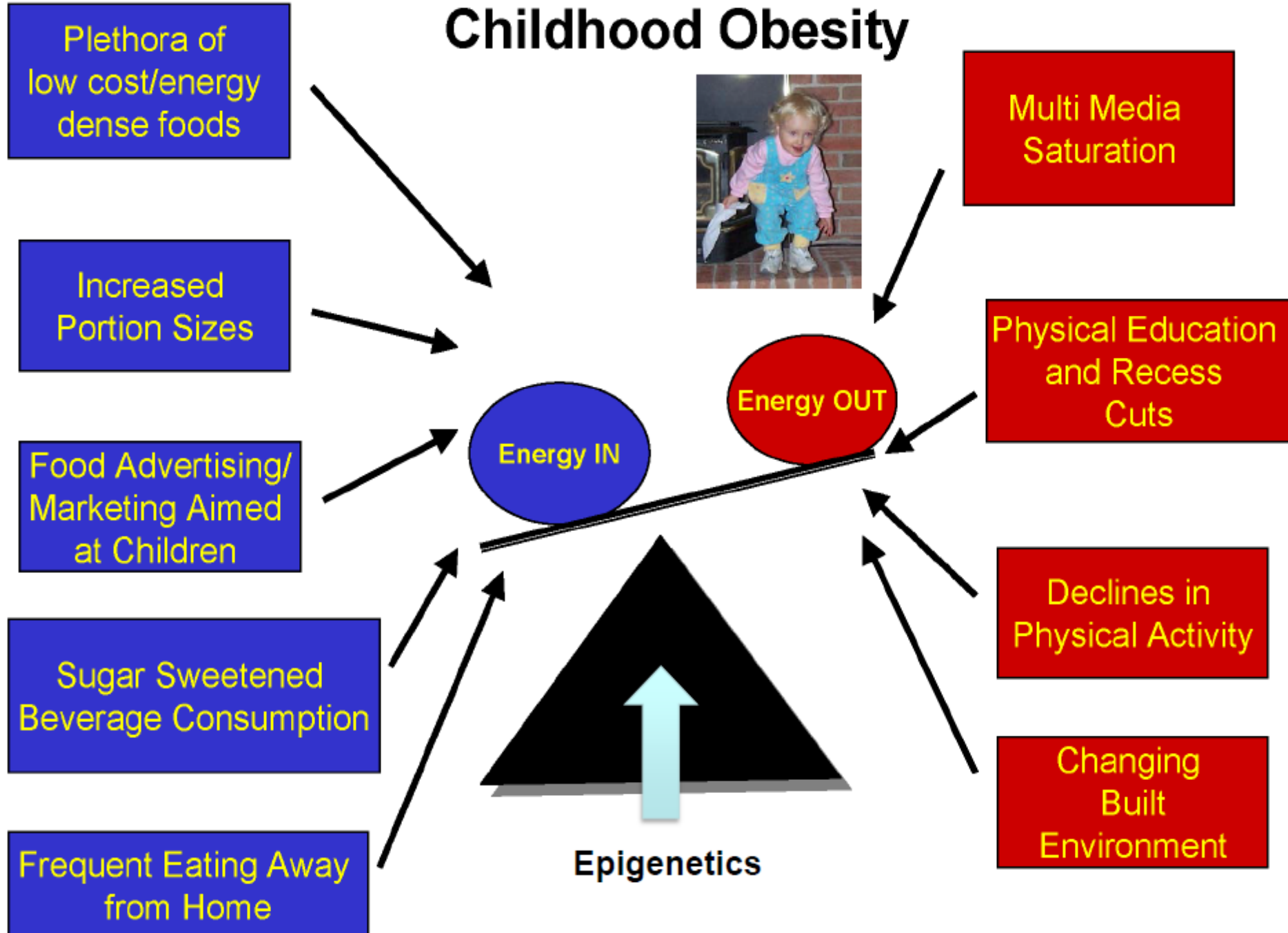


The shape of things to come

HOT TOPIC – INCREASE IN WORLDWIDE OBESITY



Development of Childhood Obesity

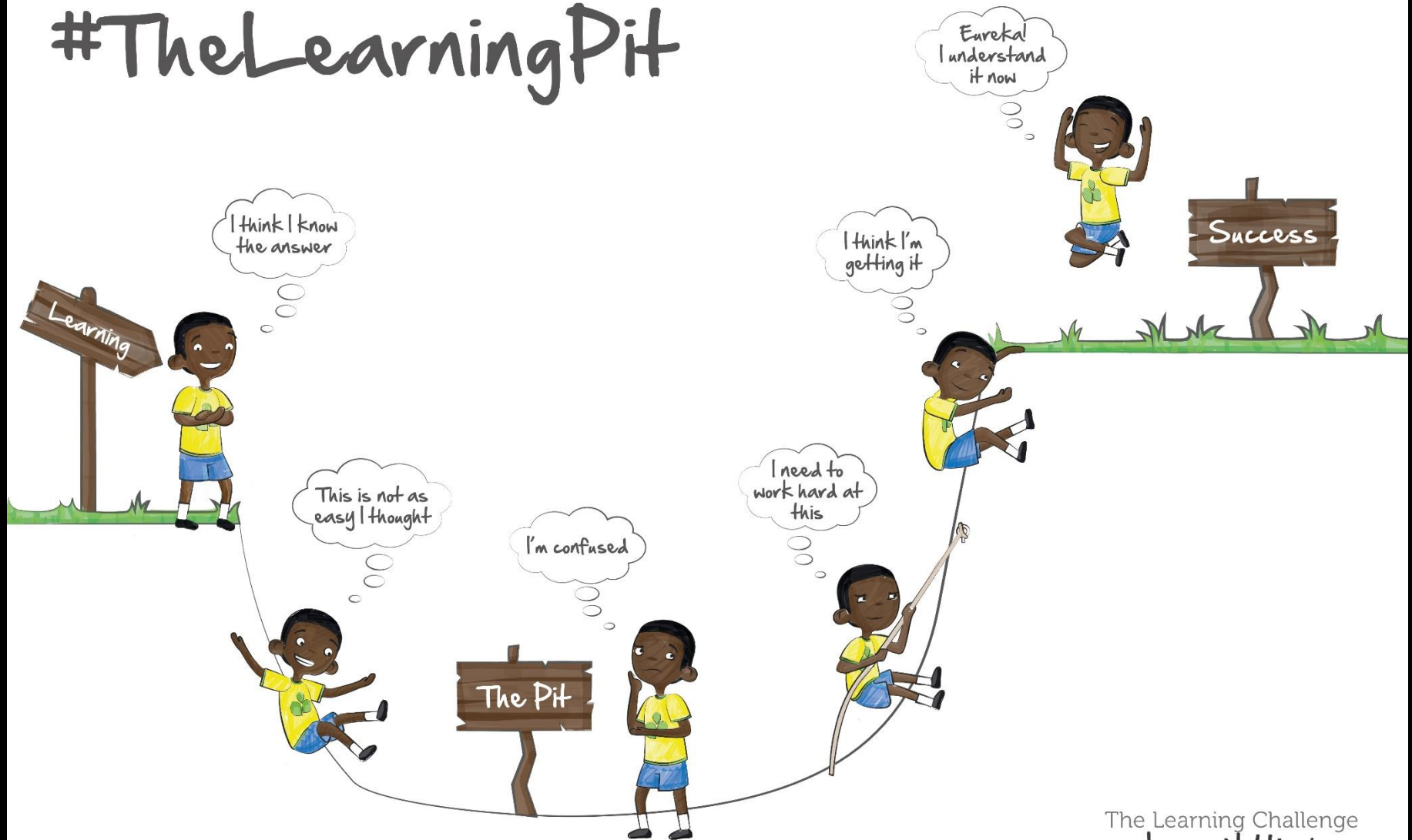




Making Sport Fun



#TheLearningPit



The Learning Challenge
by James Nottingham

Groupings To Plan

Use the cards provided to plan

Teach the skill- Transition into the game

20 minutes- 3rd of the hall 12 children approx



Next Week

Meet @ 9am leave 9:30am

Football Camp Delivery

Passing / shooting – 1 hour delivery 2 groups

Travel to Meadow view sports 9:40 arrival

9:40-10am- Set up

**10-12- run the 1 hour session twice with 2
groups**

12pm- depart- Arrive at UNI- 12:15