



Conducting a training session

During the session

- Introduce the session but keep the introduction brief. Explain what is going to happen and establish a few basic rules.
- Get things moving quickly.
- Spend the first few minutes on the warm-up. Make sure this session becomes a habit and fun to complete.
- Ensure that you allow plenty of time for game play. You can use a range of games that will develop skills, using questions and challenges to assist the participants to learn.
- Use skill demonstrations at key points to assist participants to understand techniques that may assist them to perform better. Ensure that techniques are shown in the context of how they will be performed in a match, and not in isolation.
- Making mistakes is a natural part of the learning process. Provide lots of opportunities to practice and learn to master a skill.

After the session

- Be sure to properly conclude the session. This could include a slower game activity or a slow walk if the session has been particularly strenuous.
- Stretching at the end of the session can be beneficial for developing flexibility, as well as reducing muscle soreness.
- Talk to the players as they cool down and revise the key points of the session through questioning. Provide lots of praise. Hand out any material you have and remind players of the time and venue of the next practice session or competition.
- Evaluate the session by asking yourself:
 - Was it fun?
 - Did the players enjoy themselves?
 - What might be done to improve the session?
 - Did the players participate enough?