



# CONDUCTING A TRAINING SESSION

## During the session

- Briefly introduce the session, 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 becomes a habit and is fun to complete.
- Allow plenty of time for game play and select 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 competition and not in isolation.
- Provide lots of opportunities to practise and learn to master a skill. Making mistakes is a natural part of the learning process.

## After the session

- Conclude the session properly. Include a slower game activity, or a slow walk if the session has been particularly strenuous.
- Encourage stretching at the end of the session as it can be beneficial for developing flexibility, as well as reducing muscle soreness.
- Talk to the participants as they cool down and revise the key points of the session through questioning. Provide lots of praise.
- Remind participants of the time and venue of the next practice session or competition.
- Distribute any flyers, information or other items that you may have for them.

## Reflect and review

Evaluate the session by asking yourself:

- was it fun?
- did the participants enjoy themselves?
- what might be done to improve the session?
- did everyone participate enough?

