



COACHING SESSION CHECKLIST.

There are certain basic organisational and coaching principles that help the coach to organise a successful coaching session and the following Check List will hopefully help act as a reminder.

1. **Player Name List:** take a **Register of attendance** at the start of the session. (H&S)
2. **Session Objective(s):** Initially give a brief outline to the group of what the Objective(s) is for the session.
3. **Warm Up:** Comprises of fun activity to raise heart rate and increase blood flow, followed by basic mobility and stretching exercises.
4. **Demonstration of the shot:** Coach or senior player demonstrates the shot the players have to perform, giving them a picture of what it is the coach wants the players to do.
Coaching Points: Only give the players one coaching point at a time and limit the points in any one session to aid learning.
5. **Practice:** allow the players to experience what they have seen as quickly as possible. Allow enough practice time and emphasise to the players that they need to be patient on gaining success on some practices.
6. **Movement:** can be a key factor to help players achieve success in a practice. Coming from a static position can hinder the player's performance, so encourage movement pre- strike.
7. **Shot Progression Stages:**
 - I. Player holds the ball and throws it: to initially give the player time and to feel the shot action and direction.
 - II. Coach feeding the ball, by either underarm dropping it or throwing the ball.
 - III. Player feeds self by either dropping for self or throwing for self.
8. **Performance Feedback:**

Early Stages:
Unsuccessful attempt, emphasise what they should be doing correctly by giving another demonstration; it may be possible to do this through a general coaching point to the group, so individuals are given time to practice and achieve the required skill.
Only praise a performance when it is good, false praise eventually has a reverse effect on a player's motivation. If a player is not having success after several attempts then break the practice down or go back to an initial practice, such as throwing the ball. It is important to have players leave a session with the feeling that they have achieved and are progressing.
Later Stages: Faults need to be corrected as they may become part of the player's game and prevent them from improving. Point out they have to be patient as the skills are more difficult at this stage.
9. **Session Evaluation:** always evaluate the coaching session to help prepare for the next five session.
 - As part of your session evaluation put questions to the players during the Cool Down: "Can you give one point you feel has helped you today", or "Can you give one point you feel you want to work on after this session".