



Details for Success

5 Elements of a Good Training Session Activity

1. Organized - Do the players know what team they are on? Do they know how/where to score? Do they understand the boundaries of play?
2. Game Like - Are players engaging in the phases of the game? (Attacking, Transition to Defending, Defending, Transition to Attacking)
3. Repetition - Is the objective of the session happening with normal game frequency ?
4. Challenging - Are the players being challenged appropriately? Too hard will lead to frustration. Too easy and they will lose interest.
5. Coaching - Once the first 4 are established, look to provide feedback to players that relate the session objective. Use guided questions to help the players problem solve. Check for understanding to see what they have learned.

Other Details

- Introduce yourself to players and parents.
- Get to know and use individual players' names during the session.
- Take a knee when talking with the players
- Try to have players back to sun when addressing the full group