### Example Coaching Session Plan

**Date:** 13th May  
**Duration:** 1 hour (6:30 – 7:30)  
**Stage of Athlete Development:** Mostly foundation with some nearing EGD  
**Venue:** Local track, windy and cold  
**Age Group of Athletes:** 10 – 12 years old  
**Size of Group:** 20

**Equipment:** Cones, pit, rake, mats, tapes, scoring sheets.

**Session Goals for the Athletes (What-2):** Will be able to take off from 1 foot using a short approach.

**Personal Coaching Goals (How-2):** By the end of the session I will have provided a demonstration...

### Practical Session

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| **Warm Up** (10 Minutes) | 5mins of shuttle activity including—walks, skipping, running, bounding, hopping and star jumps, split jumps and 2-footed jumps. Kangaroo time – teams of 5 – 6 athletes. Team has 20 jumps to score as many points as possible. | Head up, chest up, drive up  
Soft landing with knees bent | Use jumping grids with 4 lines for different point’s intervals.  
Land on mats.  
Helper required for scoring. |
| **Main Session**  
Unit A (30 Minutes) | Standing Long Jump – all athletes to have 3 practises after demo. Further 3 measured attempts into pit or using mats. Short approach long jump – using 5 – 7 stride approach into a 1 footed take off into pit. Measure and mark approach run. | Hips high in take off  
Head up, chest up, drive up  
Soft landing with knees bent | Coach demo  
Use jumping grids along side of pit to maximise involvement |
| **Main Session**  
Unit B (10 Minutes) | Team competition into pit from a short approach, each team member has 2 jumps and scores points for landing on set zones. | Optimal approach speed  
Drive up with eyes looking ahead  
Don’t look for the board. | Involve athletes in measuring, scoring and recording. |
| **Cool Down** (10 Minutes) | Jogging into walking (3 minute circuit) followed by stretching of lower back, hamstrings, quads, calves and hip flexors. Min 20 – 30 seconds hold. | Position athletes so all can see the stretches | Breathe out and relax into stretches  
Hold stretch position for at least 20 seconds |