

TIPS FOR A SUCCESSFUL TRAINING SESSION FOR ALL AGES

- A one hour training session per week is sufficient for club teams
- Have a plan prepared for each training session eg
 - 5 minute warm up
 - 5 minutes fitness (eg circuit, running games etc.)
 - 15 minute ball skills in pairs (shoulder passes, bounce passes etc.)
 - 10 minutes skills development (defending, attacking, foot work etc.)
 - 20 minutes half game incorporating skills that you have practised above
 - 5 minutes warm down and discussion about next weeks game (umpiring duties, canteen etc.)
- Have necessary equipment (5 balls, patches, cones if required etc.)
- Keep everyone occupied during the training session
- Ensure that each players and parents are kept up to date with times and what is required of them.
- Ensure that you keep track of where each player is played each week and if they are benched.

BE PREPARED

COMMUNICATE TO PARENTS AND PLAYERS

Please contact me via the Associations email if you have any questions. Bronwyn Sherman