

CTEC Sport Holiday Homework

As part of one of your first modules you will be required to produce and run coaching session in a chosen sport. Over the summer you need to plan a coaching session for a group of 16 Year 3 students in a sport of your choice. As the students are Year 3 it is quite likely that they have very little knowledge of your sport and have very low, if any ability in the activity. It is important that you consider this! The session should last 45 minutes.

In order to help you with this, you will need to research the different sections of a coaching session and some of the important factors that a coach should consider when working with very young children.

This work is best set out in a table form. Columns that you should think about using could include: activity time, drill, explanation of how drill works, diagram of set up, coaching points, equipment needed, how to make task easier or harder if needed.