



STRUCTURING EACH TRAINING SESSION

Coaches have requested I include more training drills in the newsletters. I am reluctant to do so as the internet has so many free training drills available with explanations far better than I could provide.

Rather, I will continue to provide advice for things that can be incorporated into the training drills you choose to run.

If you are struggling to fill the hour – have a read of these suggested guidelines.

Training one:

- Start with a warm-up drill such as Cincinnati shown above.
- Teach players the shooting technique from the April newsletter.
- Shooting drill where the coach comments on improvements in each player's technique as they go.
- Ten minutes of games. Limit interruptions and just let them play (they can only listen for so long).
- Reminder of Sunday Session-ers.

Training two:

- Not Cincinnati this week, but a different lay-up drill.
- Teach players one of the plays from the newsletters.
- Dribbling drill.
- Shooting drill where they are reminded of the shooting technique, they were shown the previous week
- Games where players are given free range (i.e. don't expect the shooting technique to be mastered when they play a game of knockout or numbers).
- Reminder of Sunday Session-ers

Training three:

- Cincinnati again.
- Reminder of play taught last week (players will not yet have the play mastered to be run on match day after last week's session).
- Drills – continue to highlight the shooting technique week in and week out.
- Games.
- Reminder of Sunday Session-ers.
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The basic frame for these trainings is a warm-up, then teaching something new (a play or technique), some drills to practice what they have learnt/ re-enforce what they have learnt in previous weeks, and some games to finish off.