

## Masterclass objectives

**On completion of the What you coach masterclass you will:**

* identify the key requirements and elements of a session plan
* chose the most effective approach for your session
* recognise when and how to adapt the session
* reflect on how your session plan meets the needs and motivations of your participants.

## Reflective workbook purpose

This workbook provides an opportunity to extend the information from within the What you coach masterclass. The questions and activities within this workbook are designed to:

* provide an opportunity to apply the knowledge within the masterclass to your own coaching context.
* provide direction on how plan and create a session plan.

## How to use this workbook

To get the most from this masterclass and develop your ability to reflect on your understanding and approach to session planning, we recommend the following:

* Complete the course on a computer or device with a larger display.
* Download the course workbook from the resources section.
* Display the course and the reflective workbook document in side-by-side browser windows as you complete your learning.

In the online content you will notice a workbook activity icon (see left). This indicates a question or activity linked to this section of the workbook. Locate the corresponding question or activity in the workbook and complete before progressing. Once you complete the questions or activities, head back to the online content to progress through the masterclass.

At the end of the workbook, you can reflect on what you have learned to inform your understanding and approach to session planning. Additional templates for reflections are also provided (see Resources tile).

## What you know

### What your session plan should include

There is no correct way to create a session plan. That is because your session needs to meet the individual needs and motivations of your participants and what you and your participants want to achieve from the session. A session plan can be completed in whatever format works best for you. You might choose to write it out on paper or a whiteboard, keep notes on your phone, or create diagrams for the activities. No matter how you choose to create your session plan, they all tend to have similar features:

* Session goal/s - These are the objectives you and your participants want to achieve during a single session. They often relate to improving a specific skill and they are occasionally linked to season goals or something which occurred in a previous session (e.g. develop movement with the ball during a specific attacking play, improve control and balance during a handstand).
* Activities for the session – This section details the warm-up, games, drills, other methods for skill development, and the warm-down. This includes key information to help the coach instruct an activity (e.g. number of participants, directions, layout of activity) as well as how to progress or regress an activity to suit the changing needs of participants.
* Equipment – Everything you and your participants need to complete the session (e.g. cones, balls, sport-specific equipment, participant’s own equipment).
* Duration – The duration of the overall session, as well as per activity.
* Notes – Anything else that might help a coach lead a session and work with their participants as effectively as they can. This can include the assistance of other stakeholders, the type of communication approaches a coach might take (e.g. asking a question, when you will provide feedback), or reminders about how the activity aligns with the session goals.

**Is there anything else that you include in your session plans?**

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### What purpose do these have in your session plan?

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## What you do

### Planning for and setting up your session

Whether it’s your very first session with your participants or you’ve known them for a while, understanding who your participants are and what they do will help you create an effective session plan.

**What will you do to find out what your participants need and what motivates them at your next session?**

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### What activities can be included in a session plan

When creating a session plan, it is very important to consider what approach you will take. In other words, what the session looks like and include, and whether it will follow a specific pattern or framework. There are numerous approaches a coach can use to create a fun, engaging and challenging learning environment.

**Choose one skill, select an approach and describe how you would use it to develop the skill. Refer to the examples within each of the different approaches (within the Masterclass) to guide your description.**

**Game Sense**

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### Constraints-Led Coaching

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**What participants need approach**

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## What others think

To create the most effective session plans that meet the needs and motivations of your participants, one of the best ways to find out if you’re on the right track with your session plan is to ask your participants what they thought of the session.

**Create a list of questions you could ask your participants to find out what they thought of your session and the approach you took.**

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## What you think

Up to this point you have:

* identified what your session plan could include based on your participant's needs and motivations
* decided what approach is going to most effectively meet your participant's needs and motivations
* identified what information will guide you when creating a session plan.

This information will help the session plan take shape and guide you on what will work for your participants. Whether it’s the very first one with your participants or not, you need time to reflect on what happened, what you learned, and what you can do to create the best session plan in future.

Use the spaces below to think about how you will develop your next session plan.

### What did you learn about your participants?

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### What will be included in the session plan?

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### What else do you need to consider?

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## Moving forward

As you have learned throughout this Masterclass, the process of creating a session plan begins with knowing your participants. Without this information, any session plan you create may not meet the needs and motivations of your participants, potentially limiting any performance benefits you and they are trying to achieve.

The questions below will help you understand what your participants want, what they need, and what they want to achieve, which is critical to   creating a participant-focused session that considers their various needs, motivations, goals and any safety issues.

**Who are they?**

**What is the age group and ability level of your participants?**

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**What are the main reasons your participants show up to play?**

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**Do your participants have any specific goals they want to achieve, as either an individual or as a team?**

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**What will you need?**

**What equipment, space and facilities do you have access to for your session?**

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**What safety issues do you need to consider regarding the equipment, space and facilities that you will be using? (Consider the participants, and the physical, social, and psychological environment they are participating in).**

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**How will you manage any medical or special needs that your participants have?**

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**What will you do if the equipment, space or facilities you were to use are no longer available or not suitable for use?**

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**What will you do?**

**What types of activities do your participants enjoy the most and why?**

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**What types of activities seem to engage your participants in the session the most and why?**

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**What types of activities do you think support your participants the most in achieving their goals?**

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Use these responses to guide your session plan creation. A variety of templates are available in the resources section of the masterclass that you can download at any time for you to use in the future as you continue to reflect on your coaching.

### What have you learned?

Before you complete the What you coach masterclass, take some time to reflect on what you have learned:

* How do the needs and motivations of your participants influence what is included in a session plan?
* How might your approach to training differ depending on what your participants need?
* What is important to you when creating a session plan?

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# Use the knowledge gained from this masterclass before creating your next session plan. By observing and recognising what your participants need and what motivates them you will be able to create a session plan that caters to what they want to achieve, as well as what you as their coach know they are capable of. Be aware of what approach works best in your context, for both your participants and yourself to have an a highly positive sporting experience.

# Additional resources

The Australian Sports Commission Community Coach Development – <https://www.ausport.gov.au/coaching/community/support-for-coaches/coach-development>

Game Sense Session Plan Template –

https://www.ausport.gov.au/\_\_data/assets/word\_doc/0008/1111031/What-you-coach-masterclass-Game-Sense-Session-Plan-Template.docx

Constraints-Led Coaching Session Plan Template –

https://www.ausport.gov.au/\_\_data/assets/word\_doc/0009/1111032/What-you-coach-masterclass-Constraints-Led-Session-Plan-Template.docx

Storytelling Session Plan Template –

https://www.ausport.gov.au/\_\_data/assets/word\_doc/0003/1112385/What-you-coach-masterclass-Storytelling-Session-Plan-Template.docx