

## LARBI BEN M'HIDI UNIVRSITY

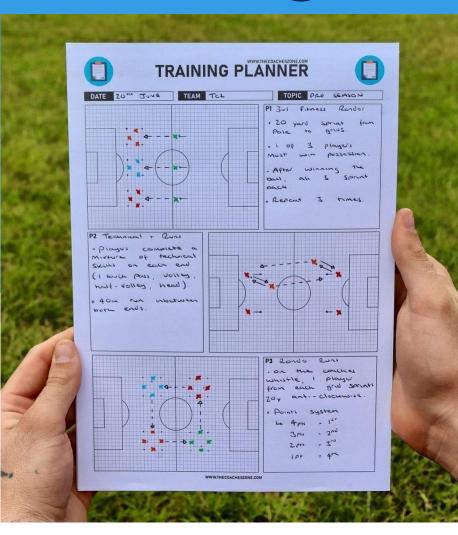


Introduction to the field of science and techniques of physical and sports activities

**Dr, MANSOURI ABDALLAH** 



## The training session



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The session sheet is an essential tool for the coach to determine, formalize and organize the sequence of pedagogical situations. Of course, the more experience the coach has, the less detailed the session sheet. On the other hand, if in the short term, the preparation of training sessions on sheets seems "tedious" and sometimes devoid of interest, it appears that the rereading of the session sheets of the previous weeks allows you to make a regulation on your own performances.



## The training session axles

- The objective of the session and the situation: What topics will be discussed (No more than 2). The goal of a session should start with an action verb. Example: "Play deep."
- The human and material component: Necessary equipment, rotations, working time / rest time, work groups, etc.
- Instructions: The key points that the coach will have to remind (speak in concrete references). An example of how to defend in a zone: "It's the principle of a drawer. The player closest to the ball comes out to press."
- Success criteria: Which tools will allow you to know if the players have fulfilled the objective (number of successful baskets / number of baskets attempted, etc.).

Training session Format

Warm-up

The core of the session

Calming down



