



**LARBI BEN M'HIDI
UNIVERSITY**



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

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The training session

WWW.THECOACHESZONE.COM

TRAINING PLANNER

DATE 20th June TEAM TEL TOPIC P&E SEASON

P1 3v1 Fitness Rondo:

- 20 yard sprint from pole to grid.
- 1 of 3 players must win possession.
- After winning the ball, all 3 sprint back.
- Repeat 3 times.

P2 Technical + Rnd:

- Players complete a mixture of technical skills on each end (1 touch pass, volley, half-volley, head).
- 40m run inbetween both ends.

P3 Rondo Rnd:

- on the coaches whistle, 1 player from each grid sprints 20y anti-clockwise.

Points System

- 4pts = 1st
- 3pts = 2nd
- 2pts = 3rd
- 1pt = 4th

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The training session

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 axes

- ❑ **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





