

FIVE ELEMENTS OF A TRAINING ACTIVITY

1. **ORGANIZED:** IS THE ACTIVITY ORGANIZED IN THE RIGHT WAY?
2. **GAME-LIKE:** IS THE ACTIVITY GAME-LIKE?
3. **REPETITION:** IS THERE REPETITION, WHEN LOOKING AT THE OVERALL GOAL OF THE SESSION?
4. **CHALLENGING:** ARE THE PLAYERS BEGIN CHALLENGED? (IS THERE THE RIGHT BALANCE BETWEEN BEING SUCCESSFUL AND UNSUCCESSFUL?)
5. **COACHING:** IS THERE EFFECTIVE COACHING, BASED ON THE AGE AND LEVEL OF THE PLAYERS?

USING GUIDED DISCOVERY AND QUESTIONING

- ASK QUESTIONS THAT HELP THE PLAYER FIGURE OUT THE GAME. AVOID TELLING THE PLAYER WHAT TO DO.
- WHEN STOPPING PLAY HAVE THE BIG PICTURE IN MIND. TRY TO INCLUDE THE ENTIRE TEAM WITH THE COACHING POINT.
- USE THE BALL AS A POINT OF REFERENCE TO PAINT A PICTURE.

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you do in achieving the goals of the training session
2. What did you do well?
3. What could you do better?