## **Sample Training Session**

Squad Name:

Date:

Venue:

#### TRAINING OBJECTIVES FOR THIS SESSION

- Group balls in a cluster
- Group balls equidistant
- Show two different methods of delivery

# EQUIPMENT NEEDED FOR THIS SESSION

- (20) cones
- (4) three-foot squares
- (2) full sets of bocce balls
- (30) skills sheets

### **NOTES/ INJURIES**

- Watch for Kylie's right shoulder
- Conrad's medical renewal due

| TRAINING SESSION TIME PLANNER   |   |
|---|---|
| Time Allocated  | Activity  |
| 2.00-5.00 Minutes   | Welcome everyone, explain session plan and time frames                |
| 15 Minutes  | Warm-ups and stretches  |
| 15 Minutes  | Roll up and down sides of court (watch for stance)                    |
| 15 Minutes  | Toss up and down sides of court (watch for correct arm release)       |
| 5 Minutes   | Break for drink of water and discuss findings from last two exercises |
| 10 Minutes  | Roll/Toss up and down sides of court (watch for improvements)         |
| 15 Minutes  | Practice grouping of balls (watch for stance and release)             |
| 15 Minutes  | Practice distance roll-ups (watch for stance and release)             |
| 15-20 Minutes   | Fun game of groupings   |
| 15 Minutes  | Cool-down and stretches; feedback from athletes re session            |
| 5 Minutes   | Reminder notes and goodbyes   |
| 10 minutes discussion with assistant coaches on how they felt session went following training session |   |

### TRAINING SESSION EVALUATION PLAN