

## **Session Plan & Review**

I based this session on improving the teams overall speed, agility and quickness, it was a conditioning session that fitted in with the periodisation plan I had developed as part of the overall project. I felt that today's session went well apart from the extra numbers turning up at the last minute. Two coaches had decided to merge some of their players which I had not accounted for, so I had to adapt my session plans to accommodate everyone. The extra members on court made it extremely difficult to be heard in the video though I assure you that the guys I was coaching could hear me clearly.

I felt that I got off to a rocky start but once the nerves subsided I was able to focus more on the tasks at hand. I was extremely conscious about getting across all the relevant teaching and safety points without getting bogged down in the details. I have learned through my job as an instructor to keep language simple, explanations short and to the point as people can lose interest quickly. I chose to mix three different forms of speed and plyometric training together but realised during the session that it would have been better to focus on two but in a bit more depth and with a few more drills in each.

It was apparent that time was going to be my biggest hurdle to overcome, trying to get so much crammed into such a small timeframe was difficult and has led me to rethink the time I dedicate to each exercise and phase of the session. I feel that none of the routines should be rushed as they are all just as equally important as each other, but especially the post stretch. I got along well with everyone there, and had no real issues, I did however feel that I needed to work on my communication skills and develop a stronger voice to carry my instruction across so that is something I intend to improve. I have also learned that the players responded every time I made a distinct connection between the benefit of my drills to their skill improvement in their own game of basketball which made them more responsive to my instruction.

Overall, I thoroughly enjoyed the night and I thought the guys had a good time and learned a few things along the way. Everybody was enthusiastic to take part in all the activities and Mike the coach said that he would be incorporating some of my drills into his own practice sessions in the future, so that must mean something! Whatever the outcome I have learned a great deal about the role of the Strength & Conditioning Coach and I'm sure it will stand to me as I pursue my career as a Personal Trainer.

## Session Plan & Review

### Session Plan: Speed, Agility & Quickness

#### Dynamic Warmup (8-10 Mins)

#### Main Phase (20-25mins)

Plyometrics	Sets	Reps	Rest/Secs	
Ice Skating to Lateral Run	6	3 Hurdles	0-10	
Hurdles Double Leg Bounding	2	9 Hurdles	120	
Hurdles Single Leg Bounding (R&L)	2	9 Hurdles	120	
Hurdles Lateral Run High Knee Bounding	2	9 Hurdles	120	

#### Speed Drills

##### Speed Ladders:

One Step Drill - Lateral One Step	1	2	120	
Two Step - Two Step Lateral	1	2	120	
Hopscotch - Lateral Crossover	1	2	120	

#### Agility Drills

Change of Direction Diamond Cone Drill	1	2	120	
Coloured Cone Drill	1	4	120	
Wheel Cone Drill	2	2	120	

#### Post Stretch Cooldown (10 Mins)

**Notes:** Each drill has an element of audio, visual, and cognitive conditioning to encourage stimulation of the differing neuromuscular pathways.

**Equipment Needed:** Mats, Speed Ladders x 4, Hurdles, Coloured Cones, Resistance bands, Water, Towels & Stopwatch