

## Training Session Format – Rooball

Date - / /

<b>Welcome</b>	<i>What we will be doing this training session is – Explain</i> Check that everyone has a ball and is wearing shin pads		<u>1 Min</u>
<b>1. Warm up</b>	<u>Examples -</u> a. Dynamic stretches b. Tag (ball in both hands)	<b>This Session -</b>	<u>3 Min</u>
<b>2. Stretch</b>	<u>Examples -</u> a. Quad stretch b. Ham-string stretch c. Calf Stretch d. Glute Stretch e. Upper back stretch f. Shoulder Stretch	<b>This Session -</b> - Quad stretch - Ham-string stretch - Calf Stretch - Other stretches -	<u>2 Min</u>
<b>3. Ball Skills practice</b>	<u>Examples -</u> a. Pass / Receive b. Dribbling c. Juggling  <i>Note – Coach technique during the drill – short / concise instructions</i>	<b>This Session -</b>	<u>15 Min</u>
<b>Drink break</b>	(Water only)		<u>2 Min</u>
<b>4. Game practice</b>	<u>Examples -</u> a. 3v3, 4v4 b. Three passes before you can score c. Two-touch play d. Full game  <i>Note – Coach technique during the drill – short / concise instructions</i>	<b>This Session -</b>	<u>15 Min</u>
<b>5. Warm down</b>	<u>Examples -</u> a. Slow jog length of field, walk back b. Dynamic stretches	<b>This Session -</b>	<u>3 Min</u>
<b>6. Stretch</b>	<u>Examples -</u> a. Quad stretch b. Ham-string stretch c. Calf Stretch d. Glute Stretch	<b>This Session -</b>	<u>2 Min</u>
<b>Close</b>	<i>What we did this session was – Explain</i>  <i>How 'What we did' relates to when we're playing a game of Rooball – Explain</i>  Any other admin notices handed out – (Manager) Advise game time for coming weekend		<u>2 Min</u>

Please refer any questions on the use of this training tool to Coach Liaison or Director of Coaching