



| | |
|--|--|
| | |
| | |
| | |
| | |

| | |
|--|--|
| | |
|--|--|

| | |
|--|--|
| | |
|--|--|

| | |
|--|--|
| <p>Five Elements of a Training Activity</p> <ol style="list-style-type: none">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 being challenged? (is there the right balance between being successful and unsuccessful)5. Coaching: Is there proper coaching, based on the age and level of the players? | <p>Training Session Self-Reflection Questions</p> <ol style="list-style-type: none">1. Did you achieve your goals? Yes/No2. What went well?3. What could you do better? |
|--|--|