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<p><b>Five Elements of a Training Activity</b></p> <ol style="list-style-type: none"><li>1. <b>Organized:</b> Is the activity organized in the right way?</li><li>2. <b>Game-like:</b> Is the activity game-like?</li><li>3. <b>Repetition:</b> Is there repetition, when looking at the overall goal of the session?</li><li>4. <b>Challenging:</b> Are the players being challenged? (is there the right balance between being successful and unsuccessful)</li><li>5. <b>Coaching:</b> Is there proper coaching, based on the age and level of the players?</li></ol>	<p><b>Training Session Self-Reflection Questions</b></p> <ol style="list-style-type: none"><li>1. Did you achieve your goals? Yes/No</li><li>2. What went well?</li><li>3. What could you do better?</li></ol>
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