



Session Plan Template

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| Date: | Attendance: | Equipment needed: Bike - Helmet – shoes – Towel Cones – soft stress balls |
| Venue: Open flat area | | |
| Duration: 1 hour | | |
| Introduction (aims for session, reminders, etc.): <u>Transitions</u> | | |
| <p>1. A step by step explanation of transitions 2. Setting up –shoes/bike /towel /cap 3 Rules in transition area 4. Safety 5. Finding your bike 6. Practicing with alittle speed</p> | | |
| Warm-up activities: <i>General discussion on level of knowledge in a transition area</i> | Drills and games: <ol style="list-style-type: none"> <u>Walk through</u> full transition as individuals for understanding of sequences Series of races -10mtr run – to shoes /put them on –hand up when finished Same again with bikes if available – helmet on –run bike out to mount line Same again run bike in – rack bike – shoes on run 50mtrs Peripheral skills game – 2 lines x10 mtrs apart and run the gauntlet dodging soft stress balls When hit you join external lines until last person left (to teach dealing with unexpected hazards such as being cut off/ people just stopping /agility etc in a small area) NOTE : throwers must be instructed to keep below shoulders | Cool-down activities: Quick Pop Quiz on transitions |
| Coaching tips/questions/challenges: Understanding sequence Understanding setup Understanding helmet rule Understanding no riding within transition area | | Class management/energisers: Demon of shoes tips (tongue out, laces loosened etc) Demo of running bike out holding seat Demo of mounting bike easily |
| Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) : | | |