



## BROADSTONE FOOTBALL CLUB

# TRAINING POLICY

Regular attendance at one training session per week is considered reasonable and a fair expectation for team membership. All coaches are to make sure that they do not cancel training unless agreed so by club secretary or due to bad weather.

If additional training sessions are held, it must be made clear to the parents/legal carers that the additional session is optional and will not affect a player's selection for the next game. Any less than regular attendance to one training session per week or unauthorised absences may reflect in the players selection for that given week's match day, this will be at the manager's discretion.

Children learn best when presented with bite size chunks of information, which they can then practice. This applies equally to both mental and physical activities. Training sessions and their topics should be provided over a period of time or in "chunks," this will allow the players to ingrain the information and to provide enough repetition of a given area of practice so that it is fully understood before moving onto the next.

Time spent on physical activity during training sessions should be no longer than the duration of a match.

Training time should be no longer than the normal length of a match for that age plus 20 minutes.

All training should be age appropriate and under no circumstances whatsoever can an adult join in with the children.

Mental activities should be used to increase time for training e.g. U7 play 40 minutes game so adding 20 minutes for the warm up, cool down and mental would equate to a 1 hour session.

The time the children spend not moving should not be so long that the children can get cold. This is especially important during the winter.

Training should not be planned in a way where it does not give children time to recover before a game; as this can cause injury.

### BASIC PLAN FOR A SESSION

**Intro** – This is time to explain what the session will be about and what you expect the children to learn during the session.

**Warm up** – This can be any activity that will raise the heart rate, get them mentally and physically ready for the session.

**Lesson** – series of activities that develop the main idea for that session rather than one long activity. Younger children will only be able to complete a short set of instructions. As children become older activities can last for longer.

**Cool down** - An activity to encourage the body to return to a resting state.

**Plenary** – This is time to recap what you expected the children to learn and ensure they understand. The plenary is very important part of the session where the children and coaches have a questions and answers time.

Further information on training sessions including age appropriate training can be found within our Longfleet Curriculum Guidance.

August 2016