



Play-Practice-Play: Draft Version



**Age Group/
Game Format**
Team/Player
Actions

Training Goal
Key Qualities

PLAY - Small Sided Games

Objective

Key words

Organization

Guided Questions

Time

Answers

Rules

PRACTICE – Core Activity

Less Challenging Activity

More Challenging Activity

Objective

Key words

Organization

Guided Questions

Time

Answers

Rules



PLAY – Let them PLAY

Objective

Guided questions

Organization

Answers

Rules

Time

Key Words

Five Elements of a Training Activity

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 training session?

4. **Challenging:** Are the players being challenged (is there a right balance between being successful and unsuccessful)?

5. **Coaching:** Is there proper coaching, based on the age and level of the players?

Training Session Reflection Questions

Do – focus on the situation

1. Did you achieve your goals?

Yes / No

2. What went well?

3. What could you do better?