





**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 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?

**Training Session Self-Reflection Questions**

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?