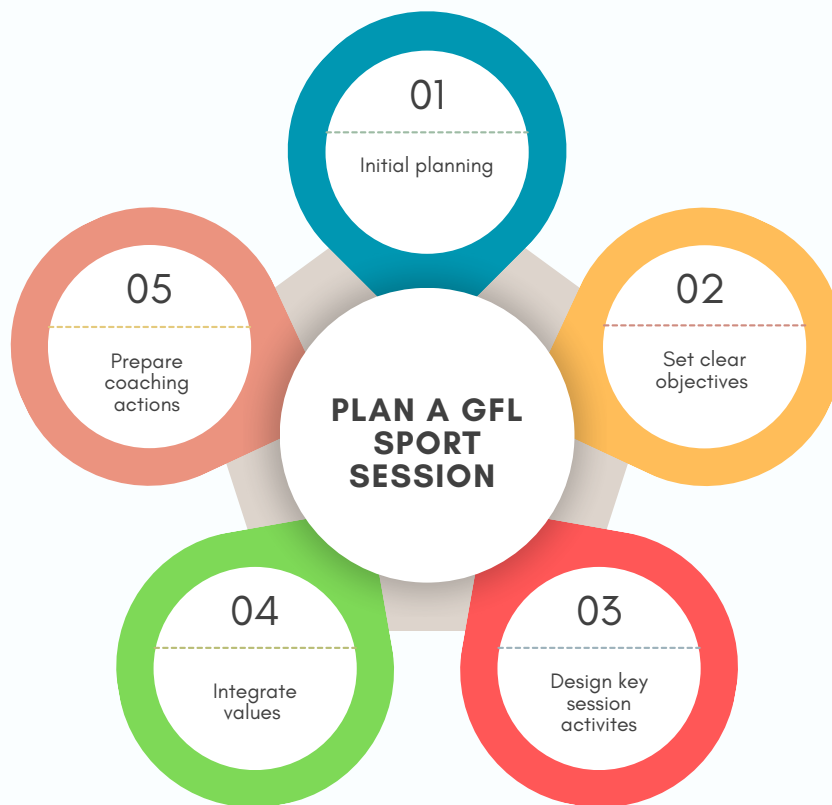


Planning a GFL session



1

Initial Planning

- Determine session basics (group size, level, duration, venue)
- Identify session number in overall program
- List required equipment
- Consider athlete readiness/ability levels

2

Set Clear Objectives

- Define specific technical/tactical skills to develop
- Ensure objectives are appropriate for athlete level
- Make objectives observable

3

Design session activities

- Plan time allocation for each segment
- Create progressive activities (warm-up → main → conclusion)
- Include diagrams and organization details
- Ensure activities support both skills and values

4

Integrate Values

- Select values that align with training objectives/sport skills
- List specific observable behaviors to look for
- Consider individual athlete needs

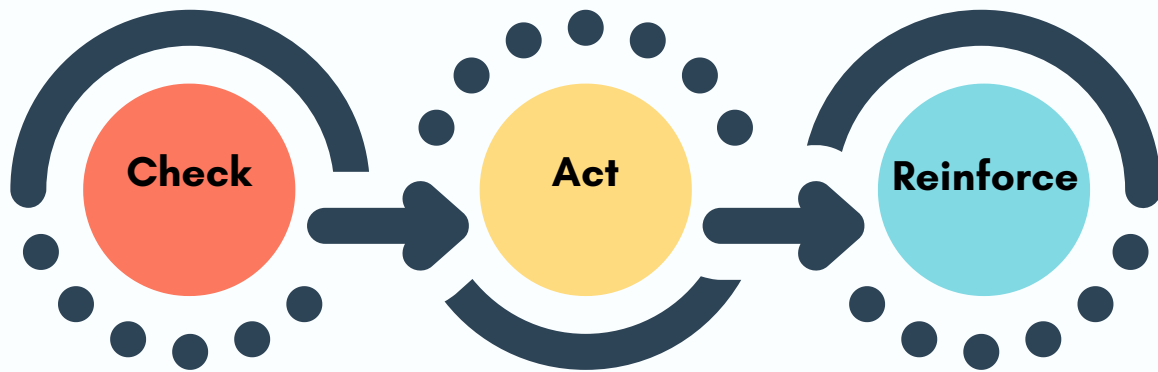
5

Prepare Coaching Actions

- Have in mind coaching cues and facilitative questions to guide learning of skills and values
- Plan coaching actions that will take place before, during and after your main training activities, using Check-Act-Reinforce process to facilitate learning

Using C-A-R to Plan a session

Check, Act, Reinforce (CAR) is a coaching framework that intentionally guides both skill and character development in athletes. Coaches apply this framework both during session planning and in real-time coaching interactions.



Check

(Before Activity)

- Prepare clear instructions, explanations and demonstrations with key coaching cues
- Plan specific questions to check for athletes' understanding of tasks and behaviours

Act

(During Activity)

- Plan key points to observe for skills and behaviours expected of the athletes.
- Prepare specific feedback cues, questions and interventions to draw out observable behaviors related to skills and values

Reinforce

(After Activity)

- Choose techniques to highlight skill and value lessons (e.g., peer discussion, reflection activities)
- Prepare closing remarks that reinforce objectives and help athletes apply lessons beyond training