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Five Elements of a Training Activity

- Organized:** Is the activity organized in the right way?
- Game-like:** Is the activity game-like?
- Repetition:** Is there repetition, when looking at the overall goal of the session?
- Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- Coaching:** Is there effective coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

- How did you do in achieving the goals of the training session?

- What did you do well?

- What could you do better?



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