



Foundation

# Activity Challenge

WEEK 10



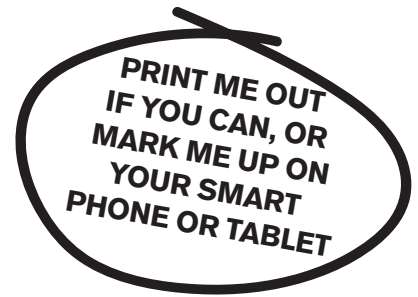
**TRAINING SESSION CHALLENGE**

Plan your own training session

# Plan your own training session

Manchester United players spend almost every day training to increase their fitness levels and prepare for matches.

Following the steps below, fill out the session plan to deliver your very own training sessions, fit for a first-team player!



## 1. Name of sport

It doesn't have to be football! Think about what sport you will base your training session on. It could be football, basketball, netball or tennis – anything you like. Choose a sport that you enjoy!

.....

## 2. Theme of your training session

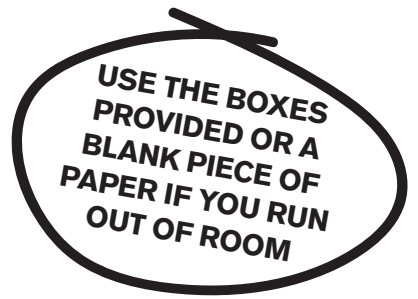
In the space below, bullet point what certain aspects of training you will deliver. This could include passing, shooting, dribbling or heading – or it could be training in the gym? Are you preparing for a big game? What are your weaknesses that you need to practise the most?

### 3. Organise your session

How will you organise your training session? For example, will you begin with a warm up, and then go into a main activity or game? What will the warm up entail? What order will the session take? Don't forget to cool down at the end!

Also think about what equipment would you use; is it a group activity or individual work? Do you need balls for a warm up or would you do stretches?

In the space below, write or draw what your session will look like.

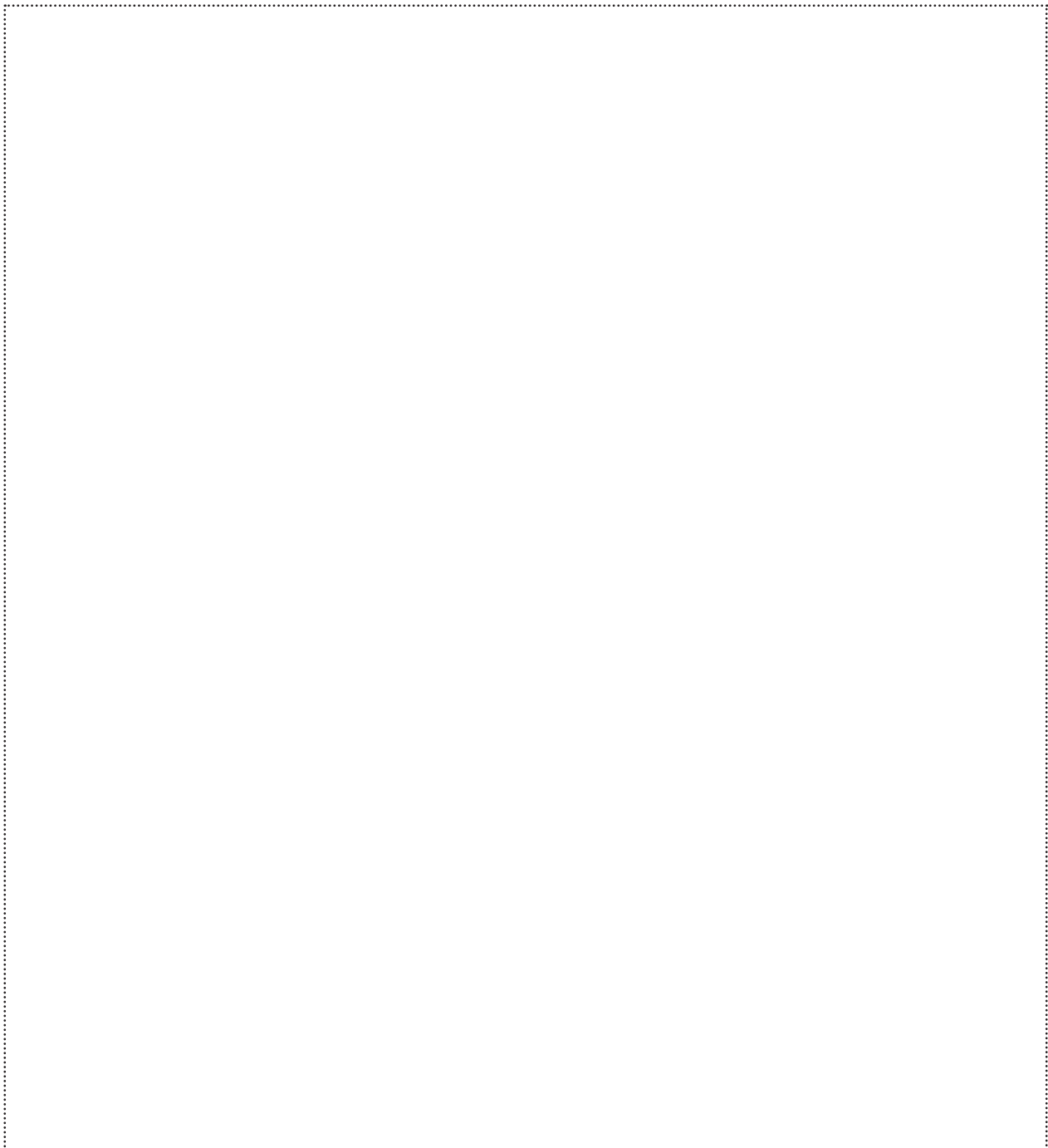
A large, empty rectangular box with a dotted border, occupying the lower half of the page. It is intended for the student to write or draw their training session plan.

## 4. Safe and fun

How are you going to make your training session fun, challenging and safe?

Think about these questions and write down notes below.

- How will you make it harder or easier?
- What challenges could you give individuals, teams or groups in each of your activities?
- Will you have a points system in any activities, and how long for?
- How long will the training session last?
- Will people change roles in your sessions, eg attacker, defender, runner or catcher?
- Will there be any competition to see who can achieve or score the most?
- How much space do you need for the activity?
- Is the area clean and clear of things such as glass, rubbish or uneven surfaces?



# 5. Session plan

Now you have written your notes, using the format below plan your training session.

When planning a training session, our Foundation coaches use the STEP process below to help them:

**Space** – how much space do you need and is it safe?

**Task** – what is your theme? How will you play it?  
How will you make it challenging?

**Equipment** – what do you need and how much?  
Is it safe to use?

**People** – how many people will be in your training session? Is everyone involved and is there a mix of abilities? Can you design your activity to be more inclusive for players needs?

Session plan	
Sport:	Activities:
Theme:	How to make harder / easier:
People:	Space needed:
Session time:	Equipment:

**How will you play the activities:**

Warm up:

Main activity:

Game:

Once you've planned your training session why not deliver it to your family at home!