

Micro-Learning Club Coaching document #4



Week 4: 14 October 2026:

Example: 30 minute Coaching Session Plan:

Date: 14 October	Athlete squad: Development level
Duration: 30 mins (5.00pm – 5.30pm)	Age group: 10 to 14
Venue: Mt Smart no: 2 arena	Number in squad: 10 athletes
Event discipline: Long Jump	Session goals: Accurate take-off from 8 steps
Equipment: Cones, Rake and Tape	Coaching goals: Provide cues to obtain consistent take-offs on the board

Practical session:

Session component	Skill detail	Coaching points	Safety points
Warm-up (5 minutes)	3 minutes of skipping linear, sideways and backwards. 2 minutes of A Skips.	Good tall posture. Active landing on the ball of the foot. Keep the foot dorsi-flexed.	Deliver on track. Use grass if dry and flat.
Main session Unit A	Standing long jump x 4	Use arms. Drive with chest and head up.	Coach can demo if possible.
(Power Dev 10 mins)	One legged standing jumps x 4 on both legs 4 Power skips then jump from edge of runway into pit.	Swing free leg to gain momentum. When skipping, push the hips away.	Ensure pit is raked after each jumper.
Main session Unit B (Technique Dev 10 mins)	Pop-ups from 6 steps A: Land on take off leg B: Land on free leg x 3 C: Full jumps- 8 steps	Keep tall. Flat, Flat with last 2 strides. Keep running through pit after landing.	Get athletes to measure their own jumps.
Warm-down (5 mins)	Skipping for 3 minutes Stretching for 2 mins	Keep warm after jumping session	Have a drink and a snack. Do deep breathing whilst completing stretching.

Yours in Athletics

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(sourced from Athletic Support Coach Guide)