

## Transition Year Unit.



**SAINT VINCENT'S**  
CASTLEKNOCK COLLEGE

**Subject:** Outdoor Pursuits (coaching)

**Number of Periods per week:** 2

**Class Teacher:** David Barnes

### **Aims and objective:**

1. Work in teams/groups to learn new sports/skills.
2. Design and create a session plan using attached template.
3. Coach session to peers and participate in other sessions as players.
4. Develop an appreciation for prepping sessions
5. Understand importance for using alternative methods for delivering a session/lesson (use of technology and/or other methods depending on weather/scenarios).
6. Gain knowledge in the area of coaching through online research and modules.

### **Course content:**

- Complete online coaching modules: <https://academy.setantacollege.com/>
  - Course 1: Explosive Rotational Power
  - Course 2: Setanta conditioning
  - Course 3: Movement/Development for children
  - Course 4: A masterclass in speed development
- Learn new sports/skills from peers
- Create a session plan using template provided.
- Coach peers chosen sport/skill as per completed session plan.

### **Digital Learning Skills :**

- Online coaching modules: <https://academy.setantacollege.com/>
- Microsoft Word
- Online research in preparation of session
- Students may use other forms of technology to help assist learning of sport



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## Fourth Year Outdoor Pursuits Coaching Plan:

<b>Date</b>		<b>Start Time</b>	
<b>Sport</b>		<b>Finish Time</b>	
<b>Aim of Session</b>		<b>No. of Players</b>	

WARM UP			
Game	Time	Key Points	Notes

MAIN SESSION PLAN			
Game	Time	Key Points	Aims & Objectives

