



ASA Travel Training Session Requirements

1. Coaches should arrive to the field early and if the field is available have the warm-up and first activity of the session set up before the players arrive. It would be best if you set the session up in a way that you only have to place or remove fewer cones to move through the phases of the session. This requires some pre-planning.
2. There must be a warm-up period to allow the players to prepare to train and also give the stragglers a chance to get to the field and not miss the theme of the session.
3. The objectives of the session should be made clear to the players before the activities begin so have a short meeting after the warm-up and before you begin the first activity.
4. The session theme must be followed throughout the session. Whatever you determine the session will cover, make sure you are coaching that theme throughout. You should comment on any glaring technical or tactical issues you see, but not at the expense of sticking to your topic.
5. You must have a competitive component to your training sessions. There should be winners and losers and consequences. It does not have to be in the form of punishment, but you must create an environment where the players are trying to win. Effort, decision making, communication, technical sharpness and success should be rewarded with praise.
6. Make sure you have a short review at the end of the session. Reaffirm the objectives and the highlights or lowlights depending on how it went. Offer suggestions to the players for individual development so they can do extra work on their own when appropriate. Can you find a way to track that and hold them accountable?