

# PASC KEYS TO A QUALITY TRAINING SESSION

1. **PLANNED PROGRESSION:** Four *sequence-phases* need to be present in a progression session.
  - *Warm-up:* where players heart rate is elevated in preparation for training. This phase of the practice is a great time to incorporate the physical topic.
  - *No pressure:* players are learning the session-topic with little to no pressure from other players.
  - *Pressure:* players are demonstrating the session-topic with pressure from other players.
  - *Game play:* players are demonstrating the session-topic within the game.
2. **PRACTICE LAYOUT:** The coach sets up the field from warm-up to game play. When possible, cones of the same color are paired together, along with pennies laid out.
3. **COACH COMMUNICATION:** Be clear and brief. The players need to be playing more than listening. Keep group-talks to less than 2 minutes.
  - *Group-talks or Demonstrations* are done at the beginning of each new activity. Keep them short.
  - *Activity-freezes* are an immediate stop-and-freeze-in-position used when the coach wants the whole team to focus on the coaching-point.
  - *Loud coaching praise of players* is done during continuous play so the whole team can hear. Keep positive.
  - *Personal player-coach communication* can be done during play or by pulling player aside.

## **Use the feedback sandwich when talking one- on-one with player:**

*Positive comment* – top layer of bread

*Corrective comment* - meat of the sandwich

*Positive comment* – bottom layer of bread

**NO LINES, NO LAPS, AND NO LECTURES!**