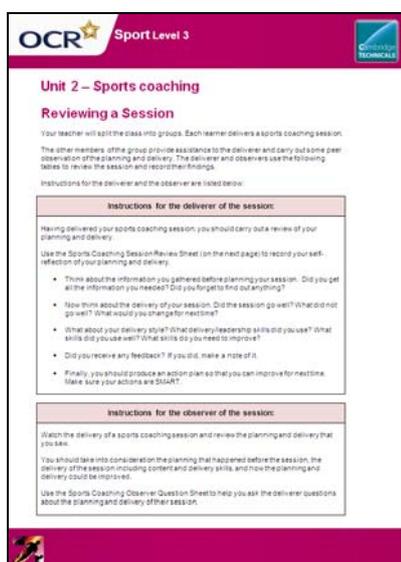


Unit 2 – Sports coaching

Reviewing a session

Instructions and answers for Teachers

These instructions should accompany the OCR resource 'Reviewing a session', which supports the OCR Level 3 Cambridge Technical in Sport Unit 2 – Sports coaching



Associated files:
Reviewing a session

Task – 1-2 hours



This activity offers an opportunity for English skills development.

Split the class into groups of four. Each learner could deliver a sports coaching session – this could be the sports coaching session that the learners have previously planned using the lesson element 'Planning'.

The other members of the group could provide assistance to the deliverer and they should also carry out some observation of the planning and delivery. The deliverer and observers could use the tables below to review the session and record their findings.

A sample review is available in the table below.



Task – Reviewing a session

Instructions for the deliverer of the session:

Having delivered your sports coaching session, you should carry out a review of your planning and delivery.

Use the Sports Coaching Session Review Sheet (on the next page) to record your self-reflection of your planning and delivery.

- Think about the information you gathered before planning your session. Did you get all the information you needed? Did you forget to find out anything?
- Now think about the delivery of your session. Did the session go well? What did not go well? What would you change for next time?
- What about your delivery style? What delivery/leadership skills did you use? What skills did you use well? What skills do you need to improve?
- Did you receive any feedback? If you did, make a note of it.
- Finally, you should produce an action plan so that you can improve for next time. Make sure your actions are SMART.

Instructions for the observer of the session:

Watch the delivery of a sports coaching session and review the planning and delivery that you saw.

You should take into consideration the planning that happened before the session, the delivery of the session including content and delivery skills, and how the planning and delivery could be improved.

Use the Sports Coaching Observer Question Sheet to help you ask the deliverer questions about the planning and delivery of their session. Then record your findings on the Sports Coaching Observation Sheet.



Sports Coaching Session Review Sheet

Name of deliverer: Hannah		
Date of session: 23 rd April 2012	Time of session: 3.30 – 4.30pm	Aim of session: Badminton – forehand lift and forehand net shot
Number of participants: 12	Age/Ability: 12/13 – mixed ability	Previous experience: Two previous sessions
Before the session		
<p>What went well? Session was well planned – we got answers to all of the questions we asked and used the planning sheets to ensure we covered all of the information needed. We borrowed short handled rackets from the primary school so participants could use the racket they were best suited to.</p>		
<p>What did not go so well? We didn't work as well as we could have as a group to plan the session. One person did most of the work while the other members of the group didn't do so much.</p>		
<p>What would I do next time? Make sure that everyone in the group had their own jobs to do so that it was fairer.</p>		
During the session		
<p>What went well? I was good at communicating with the participants – I gave clear instructions and used good demonstrations.</p>		
<p>What did not go so well? The last game (around the world) was too difficult for most participants.</p>		
<p>What would I do next time? I wouldn't stick so rigidly to my plan when I thought it wasn't going to work. I will do activities that are appropriate for the participants even if that's not what is on my plan.</p>		



Delivery Style

What went well?

I used the right terminology, I stood in the right place and I encouraged participants.

What did not go so well?

I kept forgetting participants names.

What would I do next time?

Give participants name stickers so I didn't get names wrong.

What feedback did I receive from the participants?

Participants were smiling and trying hard. At the end of the session they asked if I was going to lead next week's session and when I said 'yes' they were really pleased.

What feedback did I receive from my peers?

Kelly watched me leading and completed an observation form. She gave me some really helpful feedback – especially to be more confident and to not be afraid to raise my voice when participants are spread out across the sports hall.

What feedback did I receive from my tutor?

My tutor filmed me leading. He was pleased with how I did; particularly with how well planned I was. He said I shouldn't be afraid to alter my plan if things weren't working as well as I'd hoped.

Action plan

For next time I will know how to make activities harder and easier so I can change them to suit the participants ability during the session.



Sports Coaching Observer Sheet

As the observer of a session complete the following table and give feedback to the sports coach.

Name of deliverer: Hannah
Name of observer: Kelly
Ask the deliverer the following questions and record their answers below:
What information did you have to find out before you planned your session? Hannah used the list on the planning sheet to make sure she asked all of the questions she needed to before she planned the session.
Who did you ask/where did you find out the answers? Lots of information was given to her by the teacher. She had to ask the teacher about the participants previous experience and also what equipment she could use as other people were leading different sessions at the same time.
Did you forget to find anything out? If so, how did this impact your planning and delivery? No, she remembered to ask everything as she used the planning sheet to help her.
My review:
What evident of pre-planning did I see? The group all had a copy of the plan and all had specific jobs to do as soon as they came into the sports hall.
Delivery of the session
Ask the deliverer the following questions:
What did you think went well? Hannah said was good at communicating with the participants – she gave clear instructions and used good demonstrations.
What would you change for next time? Hannah said she wouldn't stick so rigidly to her plan when she thought it wasn't going to work.



My review:

Did the session go as per the plan?

Yes, a bit too much!

Do you think the aims and objectives of the session were met?

Yes, all participants were better at the forehand lift and forehand net shot by the end of the session.

Do you think the participants had fun?

Yes, they were all smiling and were pleased at the end when Hannah said she was taking their session again next week.

What did the deliverer do well?

She communicated well, she was enthusiastic and made the session fun.

What does the deliverer need to work on for next time?

Hannah was a bit quiet at time, particularly when the participants were spread out across the sports hall – she needs to be a bit louder at times.

Hannah also needs to be brave enough to change her plan if it's not working as well as she'd hoped.

Any other comments?

Hannah showed she was an effective, fun coach and participants really enjoyed the session.

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