

Maximizing

Your Trainer



Have a pre-season discussion between coach and trainer:

Coach to share

- insights to team concerning:
- Recap of Fall performance
- Winter training recap
- Player assessment
- Concerns with Spring (competition, alternate sports, behavior, etc.)

Trainer to share:

- Key age characteristics
- Typical training focus for this age stage

Discuss and agree on Season Training Guide:

- What are the key training goals and areas of focus? Recommend no more than 3?
- Set rough weekly development agenda
- Agree to adjust plan based on weekly game observations, application of learning to game
- Request trainer share a written training plan 2 days ahead of each session

Ask for trainer's input to player assessment:

- Brief assessment at half-way point of season and detailed at end of season
- Coach and Trainer discuss feedback and collectively agree to player's assessment
- Coach to incorporate feedback and discuss assessment with player at end of season
- Coach to provide player assessments to specific age tryout selection members

Encourage your trainer to attend at least one game:

- ✚ Allows trainer to determine if learning from training sessions has occurred
- ✚ Gain a new, different analysis of team and areas of correction
- ✚ Motivational to players to see their trainer involved
- ✚ Build link and relationship between player and trainer, and additional insights for coach

Ensure strong communication throughout season:

- ❖ Ensure trainer has correct schedule, and that you train your agreed # of sessions
- ❖ Include trainer in team communications and advise trainer early-on of any schedule changes
- ❖ Provide your trainer with an effective post-game assessment and discuss:
 - ❖ Areas of strength (team and/or individuals)
 - ❖ Problem areas (team and/or individuals)
 - ❖ Assessment of whether learning from training sessions transferred to game
- ❖ Debrief after training sessions
- ❖ Effectiveness of practice
- ❖ Engagement of players
- ❖ Assess if learning occurred

Ensure a parent or coach is present at every training session to allow consistent trainer focus on the training session and to assist with:

- Injuries
- Bathroom needs
- Discipline & Focus
- Equipment and clean-up