



Stage 1 – Warm-up	Stage 2 – Orientation	Stage 3 – Learning	Stage 4 - Implementation
<u>Purpose</u> Ready for the training session	<u>Purpose</u> Introduction of the “problem/improvement/goal”	<u>Purpose</u> Teach the solution	<u>Purpose</u> Apply the solution
<u>Key words</u> - Physical readiness - Involved, engaged, motivated	<u>Key words</u> - Game-like - Repetition - Directional	<u>Key words</u> - Game-like - Repetition - Directional - Positional roles - Related to the area of the field - Rules (appropriate to the goal)	<u>Key words</u> - Game-real - Positional roles - Even numbers - Rules
<u>Player/team</u> - Physical prepared - Mentally prepared	<u>Player/team</u> - Experience the situation - Familiarization with the problem/improvement/goal” - Awareness of the cues	<u>Player/team</u> - Experience of (un)successful decision making - Awareness of cause and effect - Solution orientated thinking	<u>Player/team</u> - Experience the learned behavior in a game-real situation - Adaptability
<u>Coach</u> - Creating learning conditions	<u>Coach</u> - Guided discovery; guided questions - Collective explanation - Q&A - Modeling - Video	<u>Coach</u> - Freeze - In the situation teaching - Q&A - Guided discovery; guided questions - Example(s) - Peer learning	<u>Coach</u> - Guided discovery; guided questions - Command & direct - If necessary, a freeze