

Individual Sport Coaching Clinic – Lesson Plan

Instructor:	Stefano Raus
Tutor:	Mika Vähälummukka
Topic 1:	Proprioception and injury prevention
Topic 2:	Guided discovery

Date & Time:	Wed. 26.9.2018 14:00-15:15
Target Group:	Students
Clothing:	Sport clothes
Equipment:	Website with feedback forms, projector, pc, soft mat, ankle disc, balance board, air cushion, rope, obstacles, swiss balls, medic balls

STEFU'S CLINICS HISTORY:

18.9.2017	Fundamentals of Orienteering	What is orienteering, for beginners, with presentation, games and final course on sprint map
27.9.2017	Neural preparation (warm-up)	Warm-up summary with practice-like exercises, and some games at the end
12.3.2018	Ice Speed Skating and Short Track	Different individual sport, as it was winter time (with 8 pairs of speed skates from Italy)
4.4.2018	Fundamental Movement Skills recap	Creation of a database of exercise to practice, master and test FMSs, as individual – pairs – group
19.9.2018	Orienteering: a practical guide	Why and how to practice orienteering with instructions for coaches and a final course on forest map
26.9.2018	Proprioception and injury prevention	Guided discovery in proprioception training and injury prevention

LESSON OBJECTIVES:

A. Physical	Each student will try every station and understand what his level of Proprioception is and where he should improve
B. Cognitive	Students will end the lesson with a clear mind map about Proprioception and the utilize of it in their sport and other activities
C. Emotional & Social	Groupwork is also part of the guided discovery, so students will reflect and discuss opinions between themselves.

> > > *Clinic feedback form, material and plan available at www.stefanoraus.cloud/dp/clinic*

GOALS (WHY?)	PRACTICE / LEARNING CONTENT (WHAT?)	DETAIL & FEEDBACK	TEACHING STYLE (HOW?)	TIME
<p>1. Warm-up Students need to warm-up to raise the body temperature, but we don't have to go too deep as we won't have any chance of injury during the clinic. The main reason is to have also an introduction about proprioception at the beginning.</p> <p>2. Stations As we have the topic of guided discovery, we'll have some stations with short instructions and some tools/equipment and students need to understand what they have to do and evaluate themselves at the end of every station (with a form they find online). Also they will work in small groups and discuss together what to do in that station and</p>	<p>1. Warm-up</p> <ul style="list-style-type: none"> • Jog straight ahead on even ground; start with one-quarter mile and gradually progress to 1 mile. • Jog large figure eights, both directions. • Gradually increase the speed of jogging in the figure eights. • Gradually decrease the size of the figure eights while jogging. • Increase the speed of step 4 to full speed. • Jog, running straight ahead, then cut to the unaffected side; repeat, cutting to the affected side. • Progress to full speed in step 6. • Progress to 25 yards of backpedaling. • Progress to 20 yards of carioca step, both directions (moving sideways, step, cross over front, step, cross over back). <p>2. Stations</p> <ul style="list-style-type: none"> • One-legged stance & Single leg hops • Single-plane balance board with feet parallel & Single-plane balance board with feet perpendicular • Swiss ball ABC exercise • Rope exercise • Ankle disk exercise • Air cushion exercise • Obstacles exercise • Soft mat exercise • Unilateral stance with contralateral kicks & Unilateral mini trampoline balance with ball toss 	<p>1. Warm-up First part it is called Jog-To-Run Progression. At the end of it you can add sport-specific activities in a noncompetitive environment.</p> <p>2. Stations What to do at every station to increase the difficulty:</p> <ol style="list-style-type: none"> 1. Reducing stability of the ground 2. Dynamic movements that perturb the center of gravity 3. Stressing postural muscle groups 4. Reducing sensory input 5. Applying unexpected situations 	<p>1. Warm-up The instructor leads the group. Students will focus and not talk too much between each other, the exercise will have a progression so moving from very easy to difficult so concentration is important.</p> <p>2. Stations Guided discovery. Students perform a drill and then use questions to guide their learning and thus influence subsequent performance attempts. I will prepare a rating scale on an online form using the</p>	<p>1. Warm-up 15 min</p> <p>2. Stations 35 min</p>

<p>how to evaluate themselves (comparing with others, small test, etc...)</p> <p>3. Mind map The instructor will lead this section with the goal of creating a map on a big paper sheet with the most important info about Proprioception and injury prevention, going through the lesson stations and explaining all of them, plus a detailed background and some researches.</p> <p>4. Feedback The instructor check all the online feedback forms and comment all of them together with the class to try to find what positive and negative things happened during the clinics and give the students some advices or explanations.</p>	<ul style="list-style-type: none"> • Spatial awereness brain game • Cervical proprioception with pen • ProprioceptionWin for PC <p>All stations images and explanations/questions answers are online at ...</p> <p>3. Mind map</p> <p>[IMG]</p> <p>4. Feedback Forms will be available online at www.stefanoraus.cloud/dp/clinic, together with this lesson plan. Google Forms will be used and the summary will be analyzed with everybody using a projector on the wall.</p>	<p>6. Adding tools 7. Varying cognitive demands</p> <p>3. Mind map The full research behind the mind map that I will try to create with the students is available online at this webpage ... I will write key words, small sentences and small drawings, hope the result will be good and that many words will come out from the students.</p> <p>4. Feedback Students need to have their mobile phones and remember to fill the form at the end of every station.</p>	<p>athlete's anchor words or images. They will use their mobile phones and fill the form after every station.</p> <p>3. Mind map Guided discovery.</p> <p>4. Feedback The instructor reads all the form summaries and the students understand the results.</p>	<p>3. Mind map 15 min</p> <p>4. Feedback 10 min</p>
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