



WVSC Keep Your Sessions on Track

Show & Start

Walk through and demonstrate the activity. Get them active and avoid lengthy explanations.

Understanding

Do the players understand the exercise? Observe and help individuals or the group understand if necessary.

Clarify

Explain the objective of the session and answer any questions which might arise as the players begin the activity.

Change

Adapt the activity to meet the needs of the players. If it's too easy, make it harder. If it's too difficult, make it easier or move on to the next activity.

Engage

Ask the players for their ideas on how to improve.

Score

Set tasks that are achievable, but which challenge the players. Try to include a method for the players to score goals or points.

Smile

Don't get frustrated. If the players are struggling it's your fault not theirs. Try to keep a smile on your face and help your players enjoy the session