

PRACTICAL CLASS DAY 4

We will divide the students into groups of 2 or 3.

Each group will prepare a complete training session in class with the focus they decide (technical or tactical).

They should take into account everything discussed during the previous days.

1. Decide which action will be worked on during the session
2. Find out what the guidelines for this action are, write them down and learn them
3. Plan which exercises we will work on following the proposed order
4. List the materials we will need and the space we have
5. Plan the pre-training talk

We won't have time to go out to the field today. We will continue with this planning on day 5 as we will then add feedback aspects to this training session.

Final talk:

Gather all the students five minutes before the end and summarize the class. Ideally, the students should recall what we have discussed.

The most important points or aspects are:

- The training session (parts)
 - Planning
 - Field preparation
 - Pre-training talk
 - Exercises
 - Post-training talk
- What to discuss and why the pre-training talk is important
- Types of exercises, today has been inspiring as we have seen many
- What to discuss and why the post-training talk is important.