

Internal Quality Assurance Feedback Report

Centre Name	Reds in the Community	Learner Name	[REDACTED]
Qualification Name	Level 1 Certificate in Sport	Assessor Name	[REDACTED]
Units quality assured	Unit 1, Unit 7, Unit 8 Unit 2	Internal Quality Assurer Name	[REDACTED]
Date	08.06.2018	Interim/Final	Final IV

	Yes/No	Internal Quality Assurer's comments
Has appropriate and sufficient assessment planning taken place?	Yes	[REDACTED] has created an appropriate scheme of work and assessment plan.
Has prior learning/achievement been identified and used where possible?	Yes	Initial assessment carried out during induction.
Is the assessment method appropriate?	Yes	A range of assessment methods used.
Does the evidence address all of the assessment criteria?	Yes	All criteria sufficiently addressed.
Is there adequate coverage of the learning outcomes /assessment criteria?	Yes	
Has the knowledge requirement been evidenced and assessed?	Yes	The learner has produced a range of evidence.
Has the evidence been clearly cross-referenced and gathered over a sufficient period of time?	Yes	A period of 5 weeks allocated which is sufficient for this group.
Do you agree with the assessment decision? Is it valid, reliable, sufficient, current, authentic?	Yes	
Was feedback to the learner constructive?	Yes	Consistent feedback given throughout the portfolio.
Was the amount of evidence indicative of efficient assessment?	Yes	
Correct documentation used and fully completed?	Yes	

Reassessment required?	Yes/No: <u>No</u>
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Internal Quality Assurance Report

Feedback to Assessor:

Well done [redacted], you have assessed this work in line with national standards have evidenced consistent correct decisions made throughout. You have provided the student with excellent feedback throughout the portfolio. You have also evidenced good practice by the learner annotating the photographic evidence themselves.

Action to be taken:

NA

Resubmit on:

Internal Quality Assurer's signature:		Date:	
Assessor's signature:		Date:	

I confirm that the action points have been completed and the evidence requirements have been met.

Internal Quality Assurer's signature:	[redacted]	Date:	8-6-18
Assessor's signature:		Date:	

Assessor Feedback to Learner

Learner Name	[REDACTED]	Qualification No & Name	Level 1 Certificate in Sport
Assessor Name	[REDACTED]	Unit / piece of evidence	Unit 02 Sports coaching (Y/505/8991)

Please list the units, learning outcomes and assessment criteria which were covered by this activity and explain how each one has been met.

- 1 Know the qualities and responsibilities of a coach delivering a sports coaching session.
- 2 Be able to plan a sports coaching session
- 3 Be able to deliver an aspect of a sports coaching session
- 4 Be able to evaluate a sports coaching session

1.1 Identify the personal qualities and responsibilities of a coach

[REDACTED] stated the qualities & responsibilities of a coach.

1.2 Outline the importance of strong communication skills

He highlighted the need for good communication.

1.3 Outline good coaching practice during coaching sessions

He identified what good practice will include.

1.4 Identify potential risks for the selected sports coaching session

[REDACTED] identified risks.

1.5 Explain ways in which a safeguarding policy can protect children and coaches

He explained how a safeguarding policy can protect you.

1.6 Describe the responsibility of the coach for dealing with and reporting injury, illness or Incident

He described the responsibility of a coach when an injury, incident or illness occurs.

2.1 Identify the key components of an effective session plan

He stated the components of an effective plan.

2.2 Explain why the timing of activities is important during a sports coaching session

He explained why timing is important

2.3 Produce a sports coaching session plan

He produced a plan.

2.4 Outline contingency plans for a sports coaching session

He outlined contingency plans.

3.1 Deliver an aspect of a correctly structured coaching session

He delivered part of a session in football (cooldown + activity).

3.2 Correct the following components within a sports coaching session:

- ◆ physical ✓
- ◆ psychological ✓
- ◆ tactical ✓
- ◆ technical ✓

3.3 Communicate clearly with participants

He communicated well with participants.

3.4 Conclude and summarise the session with participants

He concluded the session.

4.1 Outline why evaluating coaching sessions is important

████████ stated why evaluating is important.

4.2 State how to make use of previous feedback and evaluations when planning future coaching sessions

He stated how to use previous feedback.

4.3 Identify how to use feedback from colleagues to improve coaching practice

He identified how to use feedback to improve.

4.4 Outline methods of improving future coaching practice

████████ highlighted methods of improving performance.

Learner Comments

* I enjoy this work

Tutor Feedback

██████████ struggled with the amount of theory and found himself falling behind. But through good attendance and hard work he persevered. Keep it up!

Assessor – Please tick to indicate that this evidence is:

Valid:

Authentic:

Current:

Sufficient:

Any further actions? (Please initial and date once actions have been completed)

Candidate
Signature

██████████

Date

18/4/18

Assessor
Signature

██████████

Date

18/4/18



**NCFE Level 1 Certificate in Sport
601/2623/1**

**Sports Coaching
(Y/505/8991)**

Assessment Title	Plan, deliver and evaluate a practical sports coaching session
Unit Tutor	[REDACTED]
Learner Name	[REDACTED]

Section 1

Learning aim 1- Know the qualities and responsibilities of a coach delivering a sports coaching session.

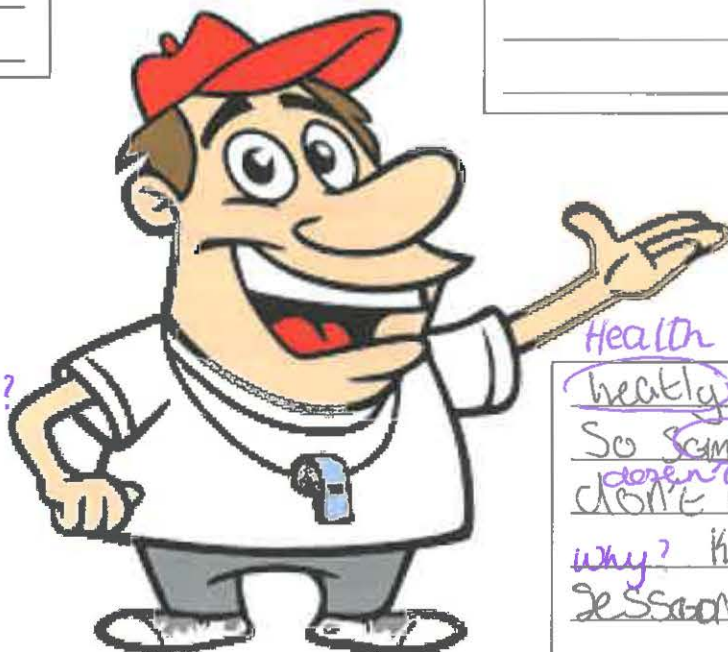
1.1

Q1 Label the diagram with the personal qualities that a sports coach should possess.

be loud so people can hear you
what happens if not?
People will not understand what they are doing

out-going to get people playing game
HOW?
to get people motivated

Friendly so that can come to you and talk to you
why is this important?
so people will love you



Health
healthy and safety
so some body anyone
doesn't get hurt
why? keeping the session fun.

dress well equipment
planning out times - why?
to make session organised

Q2

What are the responsibilities of a successful sports coach?

To involve Players to get better to be on time and fit keep them safe from damage.
What else? To make the session fun so they learn more.

1.2

Q1

Why are strong communication skills important for a sports coach?

You need have good communication skills to keep a group under control. control
so players know what they are doing - why?

types?

Verbal and non verbal

What could happen if communication isn't clear?
People don't understand the drill so they can get hurt

1.3

Q1

Using research, create a poster giving examples of 'good practice' that a coach should apply during a coaching session.

See separate
poster.

1.4

Q1

Complete the risk assessment below to highlight the potential risks for a football session in the indoor centre at Barnsley FC.

RISK 1 Rubbish on Floor

Severity Low

How to prevent injury or illness

Pick it up Put it in the bin ✓ what if you can't
you would pass it on to leave the session.
a other coach

RISK 2 broken nets

Severity ~~get a new one~~ high - medium

How to prevent injury or illness

get a new one - what else?
report to a other coach
replace it

RISK 3 holes in nets

Severity Low

How to prevent injury or illness

replace - why what else?
report to a other coach

1.5

Q1

Why are safeguarding policies important within sports coaching sessions?

Stop bullying and to stop ~~stressed~~ harm to children
Protects children and vulnerable ~~extra~~ from
harm. ✓

Coaches ~~me~~ - How does it protect coaches?
If coaches work under the correct law,
they will be protected.

Q2

How can safeguarding policies help both children and coaches within a coaching session?

To make sure coaches provide the correct help
and care for people inside the session. ✓

How does it affect coaches?

They have correct training to deal with
challenging sessions

Q3

What are some organisations involved with safeguarding in sport?

Police

NSPCC

Sport England

FA

~~WbA~~ WbA Ibo

WbA

IbF

Any more?

1.6

Q1

Describe how you as an assistant sports coach would deal with an injury, illness or incident within your coaching session. What would your responsibilities be, and who would you report it to?

Assistant ~~coach~~ injury, tell the keep calm and
tell coach ~~where~~ where they are. (pass on info)
Assistant can fetch the First Aid Box
What else would you be responsible for?
ring ambulance if need keep people ~~safe~~ safe
in session



Section 2

Learning aim 2 – Be able to plan a sports coaching session

2.1

Q1

List the key components of an effective sports session plan.

- ~~Direct~~ Direct instruction } think about this again.
- Guided Practices } Warm up
- Required materials } Cool down
- Independent Practices } main content
- Closure }

2.2

Q1

Why is timing of activities within a sports coaching session important?

↳ think about the sections of your session plan

↳ it don't overrun every body self
all the timing are right so to fit everything in.
if it goes on for too long they could get ~~stuck~~ learning
make sure that you don't waste time on things you don't need it.

Anything else?

keep session organised

2.3

Q1

Complete a session plan and attach to this document.

please complete separate document.

2.4

Q1

What is a contingency plan?

Contingency plan is a back up plan for if something goes wrong. ✓

Q2

Create a contingency plan for a coaching session of your choice.

Football session outdoors if it is rain you need to book the indoor gym as a back up, or the Academy can be on it. ✓

What else might you need to plan for?

If the equipment broken it need replace

If there is less people in your session

Why is a back-up plan important?

Keep session organised

Section 3

Learning aim 3- Be able to deliver an aspect of a sports coaching session

3.1

Deliver an aspect of a correctly structured coaching session

3.2

Q1

Identify the different components from the anagrams below

- yslaphic ~~Physical~~ Physical
- pcolasyhgic Psychological
- actlatic Tactical
- tcinehcla ~~Tactical~~ Technical

well done ✓

3.3

Q1

What are the different types of communication that you could use within your coaching session?

Verbal - Telling participants about what the objective is
Demonstration - Showing how to do something.
Visual - to do something ✓
In my session I used verbal communication
so parties know what to do in the session ✓
~~Plus~~ A mixture of both creates what?
behaved coaching session

3.4

Q1

Why is it important to summarise the session with participants?

~~that~~ It is important to get feedback in a wrong
session so you know what has gone well or right
to let them know what they are doing well.
why does this help?
this helps to improve performance

Feedback from the tutor to the learner

████████ planned and delivered a football session with his peers. He was nervous and quiet at times within the session which affected his session. He has the knowledge and ability to be a good coach. He does need to be enthusiastic and professional at all times. █████████ did communicate with his peers positively but he could have done this more frequently. █████████ has good knowledge in a range of sports which showed in his session.

Learner comments

In session I need to be more confident and be loud because at times people can't hear me. And need to be enthusiastic and more professional be over all I have good knowledge in a range of sports and willing to learn more every session.

Tutor name: █████████

Tutor Signature: █████████

Date: 13/4/18

Student name: █████████

Student Signature: █████████

Date: 13/4/18

Section 4

Learning aim 4- Be able to evaluate a sports coaching session

4.1

Q1

Why is it important to evaluate coaching sessions?

evaluating coaching sessions is important ~~because~~
~~because~~ so you no what to improve why else?
it helps highlight your ~~peper~~ errors
~~IF~~ OF PERFORMANCE

4.2

Q1

How can you use feedback from previous coaching sessions to improve your performance in future coaching sessions?

IF one session was ^{too} hard make it ^{it} easy for the parties ✓

IF one session was too easy for the parties make it hard ✓

Get feedback ^{from} parties to make it more FUN ✓
so research on Google different sessions.

How else? Speak to other coaches so I can improve.

4.3

Q1

Feedback is gained from a variety of sources, how can you use feedback from colleagues to improve your performance?

Get feedback from your colleagues to reviews you and ratings you out of 10

It is ^{important} so your colleagues give you different feedback. why?

Your colleagues have different feedback from different angle.

Why else?

this will improve all areas of coaches

4.4

Q1

Identify ways in which you aim to improve your coaching practice and give a timeframe for these improvements to be made.

Improvement 1 Demonstration	Action Plan Pratics Demonstration more	Date of completion 6 weeks
Improvement 2 Enter busy room	Action Plan asked little mean everything	Date of completion 6 weeks
Improvement 3 ^{complete} Demonstration	Action Plan Pratics Demonstration more	Date of completion 6 weeks

How?

gain experience

How?

improve my confidence

Assignment Brief (Assignment 1)

Assessor: [REDACTED]

Course Title: NCFE Level 1 Certificate in Sport

Unit Title: Sports Coaching (Y/505/8991)

Assignment Title: Candidate report

Date set:
05/03/18

Hand in Date:
16/04/18

Student Name [REDACTED]

Unit Learning Aim:

- 1) Know the qualities and responsibilities of a coach delivering a sports coaching session.
- 2) Be able to plan a sports coaching session.
- 3) Be able to deliver a sports coaching session.
- 4) Be able to evaluate a sports coaching session.

Grading available: Pass, Merit, Distinction

Grading Criteria		Type of evidence e.g. report, presentation	Criteria to be assessed	Criteria achieved	
				Submission 1	Submission 2
1.1	Identify the personal qualities and responsibilities of a coach	Workbook	1.1	X	✓
1.2	Outline the importance of strong communication skills	Workbook	1.2	X	✓
1.3	Outline good coaching practice during coaching sessions	Workbook & Poster	1.3	✓	✓
1.4	Identify potential risks for the selected sports coaching session	Workbook	1.4	X	✓
1.5	Explain ways in which a safeguarding policy can protect children and coaches	Workbook	1.5	X	✓
1.6	Describe the responsibility of the coach for dealing with and reporting injury, illness or incident	Workbook	1.6	X	✓
2.1	Identify the key components of an effective session plan	Workbook	2.1	X	✓
2.2	Explain why the timing of activities is important during a sports coaching session	Workbook	2.2	✓	✓
2.3	Produce a sports coaching session plan	Workbook & practical application	2.3	✓	✓

2.4	Outline contingency plans for a sports coaching session	Workbook & practical application	2.4	✓	✓
3.1	Deliver an aspect of a correctly structured coaching session	Workbook & practical application/ observation record	3.1	✓	✓
3.2	Correct the following components within a sports coaching session: Physical Psychological Tactical Technical	Workbook & practical application/ observation record	3.2	✓	✓
3.3	Communicate clearly with participants	Workbook & practical application/ observation record	3.3	✗	✓
3.4	Conclude and summarise the session with participants	Workbook & practical application/ observation record	3.4	✗	✓
4.1	Outline why evaluating coaching sessions is important	Workbook & practical application & candidate report	4.1	✗	✓
4.2	State how to make use of previous feedback and evaluations when planning future coaching sessions	Workbook & practical application & candidate report	4.2	✗	✓
4.3	Identify how to use feedback from colleagues to improve coaching practice	Workbook & practical application & candidate report	4.3	✗	✓
4.4	Outline methods of improving future coaching practice	Workbook & practical application & candidate report	4.4	✗	✓

Recommended Resources:

- NCFE Introduction to healthy exercise and nutrition. Digital Book, available via Apple iBooks.
- Stafford-Brown & Rea. (2013). BTEC Sport Level 2. Hodder Education: London

Assignment Title: Candidate report

Assignment Brief:

You are on work experience at your local council. They have assigned you to your local football club as an assistant coach. Throughout your work experience you have been asked to complete the assigned tasks drawing on the information gained throughout your experienced. These tasks include: workbook, practical assessments, reports and leaflets. All this information will help you in your future career of further coaching study or sports coaching jobs.

Workbook (1.1-1.6, 2.1-2.4, 3.1-3.4, 4.1-4.4)

Sections **1, 2, 3 & 4** need to be completed after each taught lesson or when you know the answers from experiences coaching. You will need to keep your work neat and tidy with accurate spellings and punctuation throughout. The detail you add and the answers you give will determine the grade you achieve for the specific section. The grades available and the criteria can be seen on your grading table.

Order of Assignment Completion

Task

1a) Section 1 of workbook

The detail you add and the answers you give will determine the grade you achieve for the specific section. The grades available and the criteria can be seen on your grading table.

1b) Poster

After completing section 1 of the workbook you are required to create a poster that outlines good coaching practice.

1c) Candidate Report

After completing section 2- You have to produce a report with looks at safety aspects which a coach needs to consider within a coaching session. You need to include a explanation of the following:

- Risk elements within sessions (location, equipment, numbers, emergency procedures and first aid requirements)
- Importance of safeguarding and why coaches should follow a safeguarding policy.
- Your responsibility when dealing with injuries, illness or incidents. Who would you report this information to?

2a) complete section 2 of the workbook

2b) Practical Application and Session Plan

You will devise a sports coaching session plan, with the assistance of a qualified coach. Within the session plan you need to include: warm up, main body, cool down, equipment, amount required timings, key aims and objectives for the session, and a contingency plan.

3a) Complete section 3 of the workbook

3b) Practical application and observation record

After completing section three of the workbook you are required to put the information you have gained into practice. You will be required to demonstrate your coaching skills through the delivery of a coaching session. You will be assisting a lead coach within your practical session. You will need to concentrate on:

- Communication skills
- Coaching physical, psychological, tactical and technical elements.
- Safety when delivering the session
- Conclusion/ feedback element.

4a) Complete section 4 of the assessment workbook

After completing the practical session in task 3b you are required to demonstrate your understanding of evaluation. You need to conduct a feedback element within your session where you get feedback from participants. You then have to take this on board with your own thoughts and feelings to complete a self-reflection. You will identify:

- What went well?
- What can be improved?
- Strategies to help you develop as a coach

Grading descriptions - Assignment 1- Prepare for sport; participate in a range of sports; and reflection of individual performance.

Assessment Criteria	Pass	Merit	Distinction
1.1 Identify the personal qualities and responsibilities of a coach	Candidates will identify the personal qualities and responsibilities of a coach	Candidates will identify a range of personal qualities and responsibilities of a coach	No Distinction for this AC
1.2 Outline the importance of strong communication skills	Candidates will outline the importance of strong communication skills	No Merit for this AC	No Distinction for this AC
1.3 Outline good coaching practice during coaching sessions	Candidates will outline good coaching practice during coaching sessions	Candidates will outline a range of good coaching practices during coaching sessions	Candidates will outline a range of good coaching practices during coaching sessions
1.4 Identify potential risks for the selected sports coaching session	Candidates will identify potential risks for the selected sports coaching session	Candidates will identify a range of potential risks for the selected sports coaching session. They will work independently and not require tutor support	No Distinction for this AC
1.5 Explain ways in which a safeguarding policy can protect children and coaches	Candidates will explain ways in which a safeguarding policy can protect children and coaches	Candidates will explain a range of ways in which a safeguarding policy can protect children and coaches. Candidates will give reasons for their choices.	No Distinction for this AC
1.6 Describe the responsibility of the coach for dealing with and reporting injury, illness or incident	Candidates will describe the responsibility of the coach for dealing with and reporting injury, illness or incident	No Merit for this AC	No Distinction for this AC
2.1 Identify the key components of an effective session plan	Candidates will identify the key components of an effective session plan	No Merit for this AC	No Distinction for this AC
2.2 Explain why the timing of activities is important during a sports coaching session	Candidates will explain why the timing of activities is important during a coaching session	Candidates will explain why the timing of activities is important during a coaching session giving reasons for their explanation	No Distinction for this AC
2.3 Produce a sports coaching session plan	Candidates will produce a sports coaching session plan	Candidates will produce a suitable sports coaching session plan	Candidates will produce a detailed sports coaching session plan

Red- Section 1

Blue- Section 2

Green- Section 3

Purple- Section 4

Grading descriptions - Assignment 1- Prepare for sport; participate in a range of sports; and reflection of individual performance.

2.4 Outline contingency plans for a sports coaching session	Candidates will outline contingency plans for a sports coaching session	Candidates will outline contingency plans for a sports coaching session giving reasons for their choices	Candidates will outline realistic contingency plans for a sports coaching session giving reasons for their choices
3.1 Deliver an aspect of a correctly structured coaching session	Candidates will deliver an aspect of a correctly structured coaching session	Candidates will confidently deliver a session that is well organised	Candidates will confidently deliver a fluent session that is well organised and effective
3.2 Correct the following components within a sports coaching session: Physical Psychological Tactical Technical	Candidates will correct physical, psychological, tactical and technical components within a sports coaching session.	Candidates will clearly correct physical, psychological, tactical and technical components within a sports coaching session.	No Distinction for this AC
3.3 Communicate clearly with participants	Candidates will communicate clearly with participants	No Merit for this AC	No Distinction for this AC
3.4 Conclude and summarise the session with participants	Candidates will conclude and summarise the session with participants	Candidates will confidently conclude and summarise the session with participants	No Distinction for this AC
4.1 Outline why evaluating coaching sessions is important	Candidates will state why evaluating coaching sessions is important	No Merit for this AC	No Distinction for this AC
4.2 State how to make use of previous feedback and evaluations when planning future coaching sessions	Candidates will identify how to make use of previous feedback and evaluations when planning future coaching sessions	No Merit for this AC	No Distinction for this AC
4.3 Identify how to use feedback from colleagues to improve coaching practice	Candidates will identify how to use feedback from colleagues to improve coaching practice.	No Merit for this AC	No Distinction for this AC
4.4 Outline methods of improving future coaching practice	Candidates will outline methods of improving coaching practice	No Merit for this AC	No Distinction for this AC

Red- Section 1

Blue- Section 2

Green- Section 3

Purple- Section 4

(1.3)
Good

Practise

Communication

- Both verbal + non-verbal communication should be used
- Communication must be adapted to meet the needs of the individual.
- A coach should also communicate with other coaches.

Knowledge

- A good coach will have good knowledge in a wider range of sport.
- They will keep up-to-date with research to keep the sessions modern.

Law Legislation

- Coaches must be aware of laws that relate to them or other involved in the session, such as:
 - Health Safety at Work Act
 - Safeguarding Policies.

Health and safety

- Coaching sessions must be safe
- Risk assessment must be completed of the facility equipment.
- Injuries must be treated with professional under correct legislation

Good detail
you clearly understand.

Complete

Session Plan

Name: [REDACTED]	Date:	Time: 2.00pm	Duration: 1h 30min
Register the number of participants	Room / area required: Indoor centre		
Location of First aid: Reception	Fire assembly point: Main Car Park Fire Point		
Check participants clothing is safe and appropriate	<input checked="" type="checkbox"/>	Check equipment is safe and appropriate	<input checked="" type="checkbox"/>

Target group (please tick box)

Adults	<input type="checkbox"/>	Children & young people	<input checked="" type="checkbox"/>	People with particular needs	<input type="checkbox"/>
Identify and record how many participants have relevant experience you can build on.					
Beginners	<input type="checkbox"/>	Intermediate	<input type="checkbox"/>	Advanced	<input type="checkbox"/>

Intended Leadership Style:

Activity name: Pass / Support, Finishing ✓

Aims of the Session

Please tick the appropriate boxes

Fun	<input checked="" type="checkbox"/>	Curriculum	<input type="checkbox"/>	Personal/social development	<input type="checkbox"/>	Future Participation	<input type="checkbox"/>
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Did you explain the aims and content of the session to all participants prior to the session starting?	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>
Did you provide opportunities for your participants to ask questions?	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>
Have you completed and attached a risk assessment?	Yes	<input checked="" type="checkbox"/>	No	<input type="checkbox"/>

Additional information (medical conditions, asthma etc)

Equipment required (for the session) Footballs, ^{how many?} cones, 2 goals Bibs?	Personal equipment required Stop watch Maybe your plan?
--	--

Identify and explain if you have implemented any action points during this session which were highlighted from previous session(s)?
Confidene ✓
improve an communication and

Contingency/ Back up plan

Defending each defending a goal player a serves to Player B Play on Player B's first touch Progression move to 2V2 now defending to goals in increase to 3V3 or 4V4 again defending same number of goals as players make area larger.

Warm up

Steadily jog 8mins around astro stop at every corner and do 3 different stretches 10 seconds each

Timings

5

Did you give the opportunity for participants to ask questions?

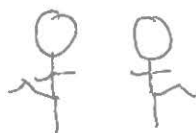
Yes

No

Stretches (Include diagrams or stickmen. Below each diagram add coaching points on how to hold the stretch, time.)

Timings

8



open / close gate



leg stretch

use these and other stretches that you can think of in every corner you stop at.

Good detail
 [Redacted]
 very close

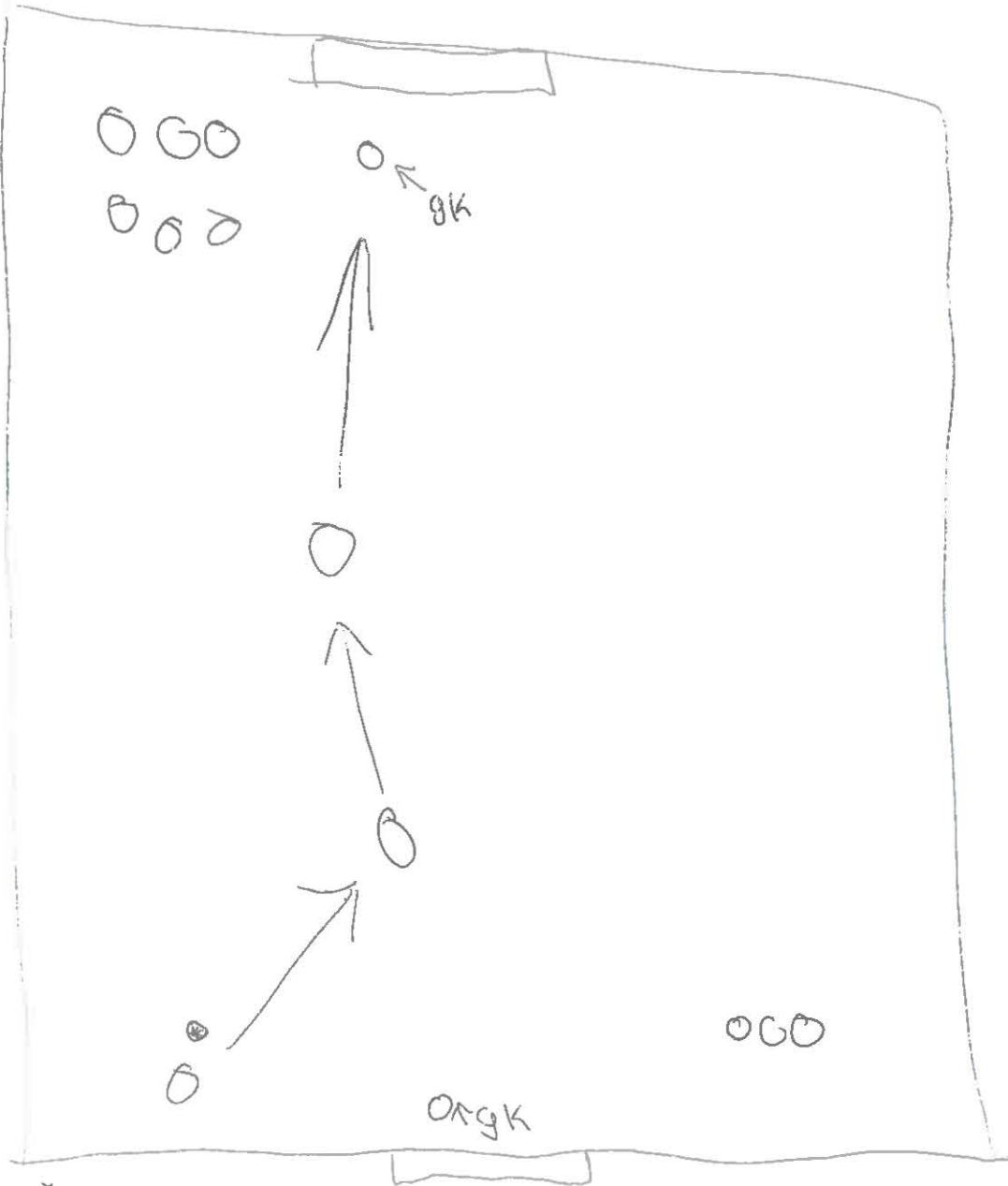
Did you give the opportunity for participants to ask questions?

Yes

No

Key tips: Observation
 Quick Support
 Pass positively
 Finishing Skills

30 mins



Initial Setup:

Goal at either end
 Work in groups of three
 to some go alternately
 From different ends

Good diagram!

Did you give the opportunity for participants to ask questions?	Yes		No	
Game: <i>Game of football</i> <i>10 min</i>				Timings
<i>Good you could include coaching points here?</i>				
Did you give the opportunity for participants to ask questions?	Yes		No	
Cool down Activities Including Stretches (Include diagrams or stickmen. Below each diagram add coaching points on how to hold the stretch.) <i>See warm up</i>				
Did you give the opportunity for participants to ask questions?	Yes		No	

Summary of Session to Participants

Ask participants what they have achieved in this session and record below their comments for evaluation purposes.

Have you had to make changes to your original session plan due to risks, participants' needs and opportunities?

Yes No

If yes, explain in more detail.

[Redacted]

In net Saving shots



Showing got goalkeeper Technique

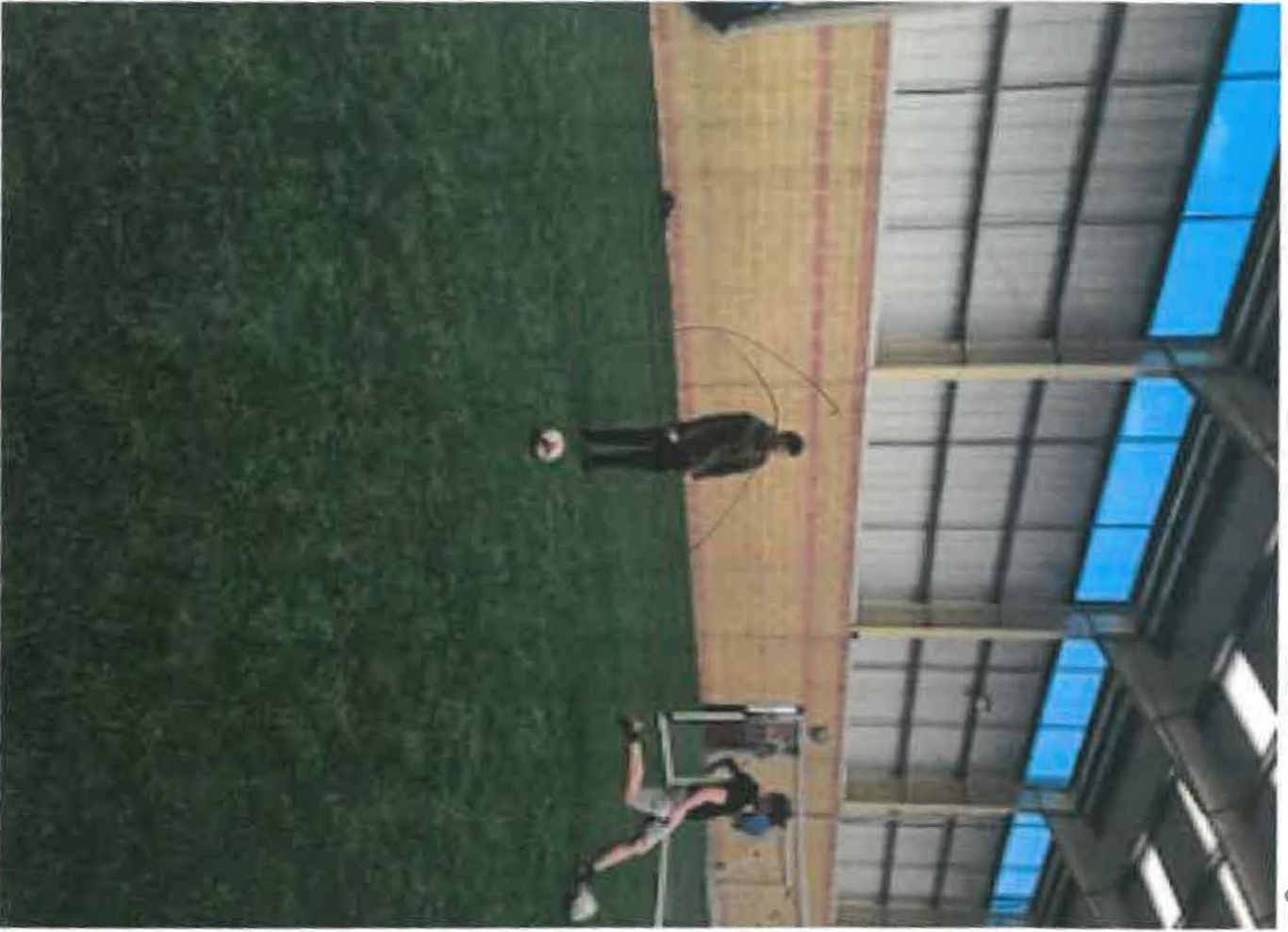


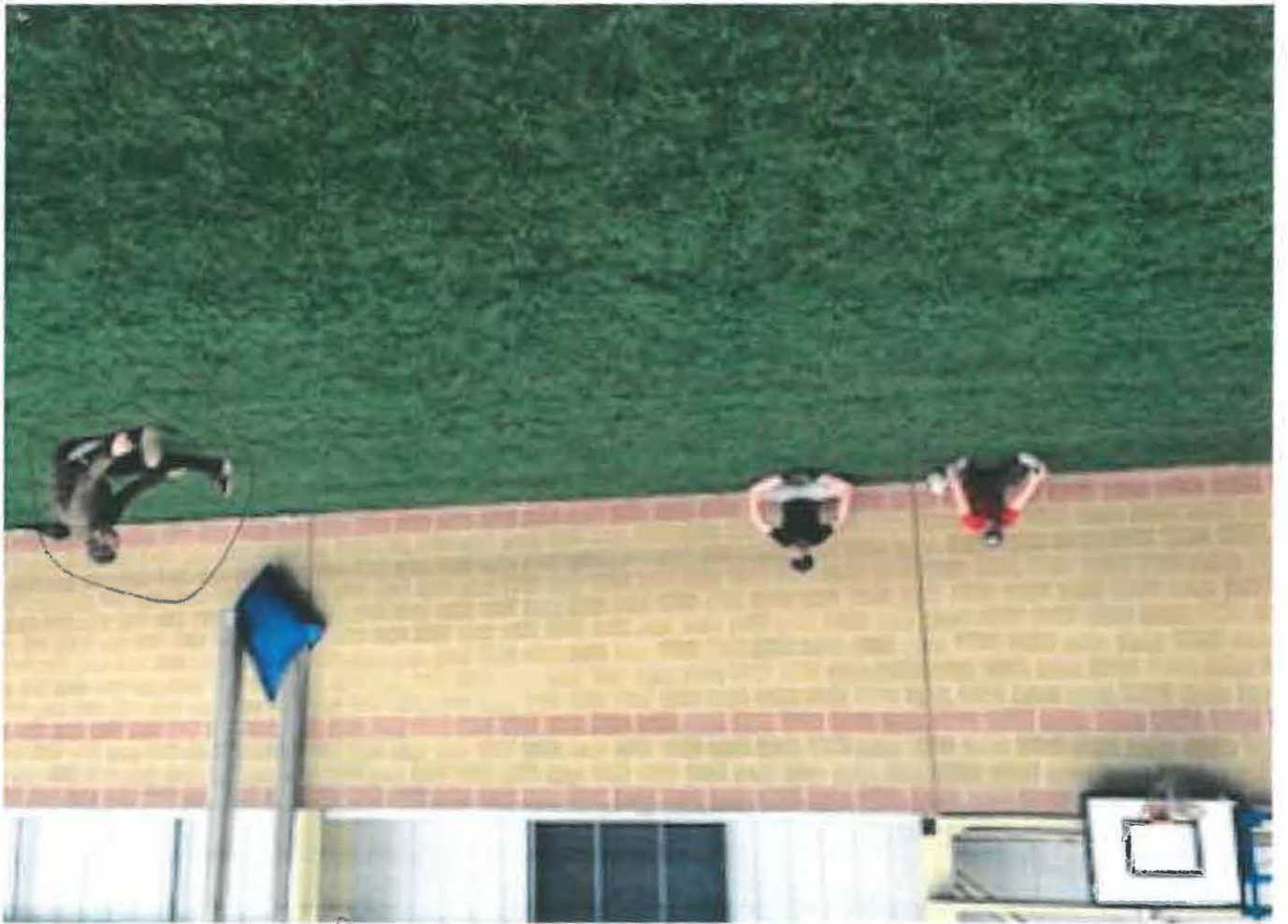
doing a cool stretching



I am talking to [REDACTED]

doing a football drill shooting





Coaching a cool doing some stretching

Stretching
in a
Cool down



