

# ACHIEVING LEARNING OUTCOMES

As a coach, it is developmentally important that every session is purposeful.

Each Session in the Hills Football Training Programs has a direct **Learning Outcome** that is trying to be achieved. Learning Outcomes have been strategically planned to link an individual's technique and decision-making to peak performance under The Hills Football Player Development Curriculum “The Hills Way”.

Learning Outcomes can be achieved through;

- **The Design of the Session (i.e. repetition of PDE linked to the Learning Outcome through game design, how to score, additional rules, etc.)**
- **Coaching Points used by the Coach (i.e. encouragement of desired actions linked to the learning outcome and the importance of the game)**
- **Demonstrations (showcasing desired actions linked to achieving the learning outcome)**
- **Team Talks (start of the session - what are we working on, and the importance to the game)  
(after the session reflection - what did we work on, what actions did we do to complete the task, and why is it important in the context of a game)**

As a result of achieving Learning Outcomes within a Session, more technically capable & smarter players are developed. Learning is achieved in the session which allows participants to understand a concept and the skills needed to apply it effectively in a game situation.

