



HOW TO PREPARE FOR A SESSION

DASOVIC- NEIL COACHING

PRE-SESSION

1. Please ensure that you arrive 5-10mins before the actual start time. All of our sessions start and end on the booking time, athletes who arrive right when the session is due to start or even worse late are short-changing themselves. An athlete who arrives 15mins late will still be allowed to join the session, but will only receive 45mins of training. Arrive with enough time to get changed, focus and ready.
2. Please contact your coach if you are going to be late. In a one on one situation coaches will wait around for a reasonable period of time, but will not wait for an hour for someone to show up. Athletes who fail to show will still be charged the full amount for the session.
3. What to back in your bag...
 - a. boots
 - b. running shoes
 - c. shorts
 - d. shirt
 - e. soccer socks
 - f. shin pads
 - g. training pants & jacket
 - h. warmer waterproof jacket (for fall/winter/spring)
 - i. neck warmer (for fall/winter/spring)
 - j. base layers (for fall/winter/spring)
 - k. indoor soccer shoes (as necessary)
 - l. warm up tools (bands etc...)
 - m. water
 - n. snacks
 - o. pen and paper or electronic device for making notes
 - p. plastic bag for dirty clothes
 - q. dry clothes to change into

THE SESSION

1. The most important thing to arrive at the session with is the right mental attitude. Improvement requires that we are open to hearing about things that need to be improved and ready to try new ideas and techniques to get the most out of ourselves. Athletes who approach each session with a positive, open, and coachable attitude accelerate their learning far beyond those who mire themselves in a fearful or prideful mindset.
2. Be dressed in the right equipment for training in our local environment. Cold, wet and uncomfortable is an unnecessary distraction.

POST-SESSION

1. Take care of yourself. Get a healthy carbohydrate focused snack, and get into some warm dry clothes. If you want to be an elite athlete, you need to prepare and act like one.