

PSK 4U ENERGY SYSTEMS ASSIGNMENT

Team Sport: _____

Pre-Lab Activity: Select a Team Sport. Identify the skills/characteristics of this sport and place it in the column for the appropriate energy system. Keep the criteria for the energy system in mind when making your classification.

Anaerobic Alactic	Anaerobic Lactic	Aerobic

Identify one training principle/drill for each energy system. Give the details of the drill with reference to how this drill would effectively train an athlete in that energy system.

Example: Team sport: Soccer Skills: shooting, passing, throw ins, etc.

- Identify a drill that would be in the **anaerobic alactic system** working on shooting
- Identify a drill that would be in the **anaerobic lactic system** working on passing
- Identify a drill in the **aerobic energy system** that would incorporate several of the principles (skills) of the game of soccer.
- Identify a drill that would incorporate **all three systems**

BE THE COACH LAB – PRACTICE PLAN

Your task is to think of four drills/training principles for your team sport that would work on 3 different components of the game, in 3 different energy systems and 1 that works all three. Outline the details of the drills along with the characteristics of each energy system. Make the connections between the format of the drill and how it will train the athletes in that specific energy system.

10 MARKS PER DRILL:

- 4 (A) For appropriate drill structure
- 4 (K) For making appropriate connections to the energy system(s)
- 2 (C) For spelling/grammar and appropriate use of terms

DRILL #1: _____/10 DRILL #2: _____/10 DRILL #3: _____/10 DRILL #4 : _____/10
TOTAL: _____/40

DRILL #1

Energy System: _____

Drill Name: _____

Description of the Drill: (include diagrams)

Characteristics of the drill that would qualify it as a training drill for that specific energy system, specific to benefit that sport.

DRILL #2:

Energy System: _____

Drill Name: _____

Description of the Drill: (include diagrams)

Characteristics of the drill that would qualify it as a training drill for that specific energy system, specific to benefit that sport.

DRILL #3:

Energy System: _____

Drill Name: _____

Description of the Drill: (include diagrams)

Characteristics of the drill that would qualify it as a training drill for that specific energy system, specific to benefit that sport.

DRILL #4:

Energy Systems: _____

Drill Name: _____

Description of the Drill: (include diagrams)

Characteristics of the drill that would qualify it as a training drill for that specific energy system, specific to benefit that sport.