

Session Plan

Group:		Date:		Time:		Year:		Number:		Theme:	
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Aims:

	Technical	Tactical	
	Physical	Mental	

Work Area		Organisation				
Resources:						
Inclusion (STEP):	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"><u>Strugglers</u></td> <td style="width: 50%;"><u>Strivers</u></td> </tr> <tr> <td style="height: 100px;"></td> <td></td> </tr> </table>		<u>Strugglers</u>	<u>Strivers</u>		
<u>Strugglers</u>	<u>Strivers</u>					
How do you know if focus is being achieved?						

Session Plan

Time	Intended Learning Outcomes	Practice Type & Coaching Activities	Coaching Points &/or Challenges	Coaching Methods
Evaluation and Reflection:	<u>What went well</u>		<u>Even better if</u>	<u>Change</u>