

Session Plan Template

Date:	Attendance:	Equipment needed:
Venue:		
Duration:		

Introduction (aims for session, reminders, etc.):

Warm-up activities:

Drills and games:

Cool-down activities:

Coaching tips/questions/challenges:

Class management/energisers:

Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :