

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.) :			