LEADERS SESSION PLAN

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| --- | --- | --- |
| Date:  | Time:  | Group Ability:  |
| Venue:  |  |
| Age group of Athletes:  | Size of group:  |
| General Equipment:  |  |
|  Session Goals for the Group (WHAT): | Personal Goals for the leader (HOW): |
| Personal Goals for the leader (HOW):  |  |
| Practical Session:  |  |
| SESSION COMPONENT | EQUIPMENT | ORGANISATION/ SAFETY KEY POINTS |
| Introduction: |  |  |
| Warm up |  |  |

 LEADERS SESSION PLAN

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| SESSION COMPONENT | EQUIPMENT | ORGANISATION/ SAFETY KEY POINTS |
| Main Session: |  |  |
| Cool Down: |  |  |
| Close: |  |  |