

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 | | |  |  |

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