

Session Plan Template



Sports Coaching

Objective - One of the units you will be completing on the Sport course is Unit 5 – Sports Coaching. For this unit, you need to plan a 30 minute coaching session in a Sport of your choice.

Task - Over the summer, you need to plan a 30 minute sports coaching session in one of the following sports:

- Football
- Basketball
- Tennis
- Hockey
- Cricket
- Netball
- Volleyball
- Badminton

In the first week of lessons, you may be asked to lead **at least 15 minutes** of your session to your peers. You will be provided with all of the necessary equipment to lead the session.

Important note: **You will be asked to lead your session whether you have planned it or not.** This could potentially be embarrassing if you have not planned anything. Therefore it is **VERY IMPORTANT** that you complete this task to save any embarrassment. We will make our initial assessment of you as a student based on how well planned your session was.

Session Plan

You need to complete the following on the session plan:

1. Which sport you intent to lead
2. A 5 minute warm up including a pulse raiser and some dynamic stretches
3. A 3 minute cool down including a gentle pulse raiser and some static / dynamic stretches
4. An introductory activity. This should be a simple and fun activity that is related to the sport that gets people moving and familiar with skills required for the sport. For example, in rounders this could be a game where pairs have 30 seconds to make as many throws and catches as possible.
5. Main activity. This should be a drill to develop a skill or tactic.
6. Conditioned game. Ideally a small sided game with at least one condition to give the participants focus. Some examples are 2 touch , can only score in the D, everyone must touch the ball before scoring, can only score using backhand, can only score with a layup, etc.

You may need to research some warm up and drill ideas. Don't make up your own activities unless you already have some experience as a coach.

If you have any questions, email me at jason.gentles@coulsdon.ac.uk