

## Session Plan Template

<b>Date:</b>	<b>Sport:</b>	<b>Equipment needed:</b>
<b>Venue:</b> Coulsdon College	<b>Duration:</b> 30 minutes	
<b>Aim of the session</b> (for example, to develop shooting ability in netball)		
<b>Warm-up Activities</b> ( <i>must include a pulse raiser, dynamic stretches</i> ):	<b>Drills and Activities</b>  <b>Introductory Activity</b> (This should be a fun and simple activity related to the sport to get participants moving and prepare them for the main session)          <b>Main Activity</b> (This should be a structured drill to develop a specific skill such as passing shooting or a tactic such as defending)	
<b>Cool Down Activities</b> (should include a gentle pulse raiser and static/dynamic stretches)	<b>Conditioned Game</b> (A small sided or full game with a condition such as 2 touch passing, only 3 seconds on the ball or everyone must touch the ball before scoring).	



## 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](mailto:jason.gentles@coulsdon.ac.uk)