Session Plan

Session Theme Date

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|  | Description of activity | Diagram |
| Warm Up (10/15 mins)   * Agility Balance Coordination * Physical Capacities – e.g. speed, strength |  |  |
| Game 1 (10/15 mins)   * No Conditions * With Condition (revise a technique) |  |  |
| Skill Development (10/15 mins)   * Basic activity (Drill / Game) * Progression * Advanced activity |  |  |
| Game 2 (5/10 mins)   * Conditioned to reflect skill |  |  |
| Game 3 (10 mins)   * Go Games – small sided * No conditions |  |  |
| Cool Down (5 mins) |  |  |

Equipment Required