Session Plan

SESSION TITLE			SESSION AIM:
Date:	Age Group:	Venue:	MY AIM:
Time:	Numbers:	Experience	
WARM UP: (5 minut	l es)		
MAIN THEME:		Coaching Points	
GAME:			
COOL DOWN:			
EQUIPMENT:			
SAFETY:			
EVALUATION OF S	ESSION:		EVALUATION OF MY COACHING: