



Skipton RFC Coaching Session Plan.

Date:		Safety Considerations:	
Age Group:		Session Aim:	
Equipment:			

Warm Up: Time?	Activity:	Key Points:	Outcome/Goal:
Act 1: Time?	Activity:	Key Points:	Outcome/Goal:
Act 2: Time?	Activity:	Key Points:	Outcome/Goal:
Game: Time?	Activity:	Key Points:	Outcome/Goal:
Cool Down?			

Participant Feedback:	Coaches self-reflection:
What did they learn from the session?	What you did well?
What was something they could improve?	What you could improve?
Peer assessment: Analyse a team mates performance.	What didn't work? Why?
What would they like to do next session?	What was your 'light-bulb' moment?