



## Using the Session Plan Templates

**Aim:** These are the goals that you want to achieve by the end of the session.

*For example, by the end of the session each player will be able to demonstrate effective drawing skills in match situations.*

**Equipment:** This is a list of all the equipment you will need for every activity in the session.

*For example, boccia balls x 3, ramp x 2, targets x 4, referee paddle x 2, masking tape x 2.*

**Activities:** These are the areas that you list the games / drills that will be completed during the session.

*For example, targets, matches lasting 2 ends, game sense template.*

You can also list how you will modify each activity to make them easier / harder.

*For example, targets will be moved closer for advanced players.*

It is also useful to mention the key instructions, rules and area each activity will use.

*For example, split group into 3 smaller groups. Each group to practice a variation of the skill before rotating.*

Mentioning the time also guides you around how long each part of the session will be.

*For example, warm-up = 5 minutes, first activity = 15 minutes, questions / teaching = 5 minutes, game = 20 minutes, evaluation = 5 minutes.*

**Teaching Point / Questions:** This is what you will say to get players thinking about the skills.

*For example, where should your arm finish when throwing? Line chair to face the jack ball.*

**Evaluation:** This is how you will assess how the session went and can be an activity or question.

*For example, repeat the warm-up activity to look for improved performance, ask players to give a score out of 5 based on how they think the session went.*



# Skills Practice Session Plan Template

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Venue: \_\_\_\_\_

Aim:	Equipment:
Warm-up Activity:	
Skill Learning Activity:	
Game Skill Practice:	
Evaluation:	



## Skills Practice Session Plan Template 2

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Venue: \_\_\_\_\_

Aim:		
Equipment:		
Warm-up Activity:		
Skill Development:	Activity one:	Modifications:
		Questions:
Skill Development:	Activity two:	Modifications:
		Questions:
Evaluation:		



# Skills Practice Session Plan Template 3

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Venue: \_\_\_\_\_

Aim: <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	
Warm-up Activity:	
Skill Learning Activity 1:	Skill Learning Activity 2:
Teaching Points:	Teaching Points:
Evaluation:	



# Game Sense Practice Session Plan Template

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Venue: \_\_\_\_\_

Aim:

Games:

Coaching points:

Modifications:

Questions:

Evaluation: