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| **COACH/STAFF** |  | **DATE & TIME** |  |
| **GROUP & ABILITY** |  | **AREA/VENUE** |  |
| **THEME** |  | **SESSION OBJECTIVES** |  |
| **PRE-SESSION SAFETY CONSIDERATIONS** |  | **EQUIPMENT** |  |

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| **SESSION COMPONENT & DURATION** | **ACTIVITY INFORMATION**  Skill focus, set up (add diagram if need be), Game explanation, group organization (e.g No. of groups, where set up?), instructions, progressions – how to CHANGE IT | | **KEY COACHING CUES**  1 or 2 key words to prompt reminder or action required | **QUESTIONS**  Challenge athletes to find solutions with open ended questions |
| **Introduction**  **[~5-10 min]** |  |  |  |  |
| **Warm Up**  **[~5 mins]** |  |  |  |  |
| **Main Activity 1**  **[~15 mins]** |  |  |  |  |
| **Main Activity 2**  **[~15 mins]** |  |  |  |  |
| **Cool Down**  **[~5 mins]** |  |  |  |  |

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| **SESSION COMPONENT & DURATION** | **SKILL FOCUS & ACTIVITY INFORMATION**  Set up, group organisation, instructions, progressions – how to CHANGE IT | | **KEY COACHING POINTS**  Reinforce what is important and why | **QUESTIONS**  Challenge athletes to find solutions |
| **End of session review**  **[~5 mins]** |  |  |  |  |
| **What’s next** |  |  |  |  |