

JB Sports Coaching Session Plans

Coach / coaches		Date produced:	
		Time available for the session:	

Information on players

Number of players:		Age:		Ability levels:	
Medical information:	Check for any injuries or medical conditions such as asthma. If any participants are injured make sure that they are able to take part. Mention they should tell me if they are not right and want to sit out.				
Particular needs:	Keep an eye out on any injured participant. Also keep watch on people with medical conditions making sure they are ok to carry on. Make sure participants have drinks breaks.				

Information on Facilities and Resources

Location:	
Facility needs:	
Equipment needs:	
Health and safety issues:	Check for any jewellery, and check for injury to participants. Mention health and safety for the session. Mention hazards and emergency exits available in case of fire.

Session Plan

Sport		
Session Aim		
Warm up activities:		Timings
		5 mins
Cool down activities:		5 mins

Individual Or Pair work		15 mins
Group Work In 4's or 6's		15 mins

Main Activity Game Time		20 mins
Notes		