



Session planner

Date:	Attendance:	Equipment needed:
Venue:		
Duration:		

Introduction (aims for session, reminders, etc.):		
Warm-up activities:	Drills and games:	Cool-down activities:
Coaching tips/ questions/challenges:		Class management/ energisers:

Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.):