**Sample Session Plan Template based on Game for Life framework**

| **Group Size** | | | **Duration** | | **Venue** |
| --- | --- | --- | --- | --- | --- |
| **Level** *(learn-to-play, developmental, competitive, differentiated)* | | | **Equipment** | | |
| **Session Number** *(out of ## sessions)* | | |
| **Training Objectives:**  *(Be specific about the technical and/or tactical skill(s) that is/are the focus for the session)* | | | | | |
| **Values & Attributes**  *Identify values & attributes that is the most appropriate for the session, it must be aligned to training objectives (technical/tactical aspects of sport)* | | **Specific/Visible Behaviours to look out for throughout the session**   * *Related to the technical/ tactical skills.* * *Consider: Athlete behaviours to look out for (due to past experiences/differing skills etc.)* | | | |
| **Time allocated for the activity** | **Activity Description**  *(+diagrams, coaching cues, organisation of athletes etc.)*  *To include (where applicable):* | | | **Actions by Coach / Coaching Cues**  ***Check:*** *Instruction & Explanation, checking for understanding for tasks & behaviours -* ***What am I going to say/ask/do to check that athletes understand the instructions, coaching cues and attributes I want to teach?***  ***Act:*** *Observation & Analysis, Providing Feedback, on skills & behaviours -* ***What do I plan to say/ask/do when I see the observable behaviours and coaching cues that the activity is designed to draw out?***  ***Reinforce:*** *Methods you will use to discuss or emphasise learnings related to skills and/or values.* | |
|  | Introduction / Warm-up | | |  | |
|  | Main Activities | | |  | |
|  |  | | |  | |
|  | Conclusion | | |  | |