|  |  |  |  |
| --- | --- | --- | --- |
| Date |  | Venue |  |
| Times |  | No of players |  |
| Equipment needed |  | Group / ability |  |
| Participant needs |  | | |
| Objective |  | | |
| Moment(s) of the Game |  | | |
| Development Pillars being focused on |  | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **ACTIVITIES:** | **COACHING POINTS** | **DIFFERENTATION** |  |
| **WARM-UP** |  |  |  | 2010 Half Court |
| **MAIN CONTENT:** |  |  |  | 2010 Half Court2010 Half Court |
| **COOL DOWN / SUMMARY:** |  |  |  |  |

|  |  |
| --- | --- |
| **‘What’**  *What happened?*  *What feedback did you receive from others?*  *What were the strengths of the session?*  *How was the session objective met?* |  |
| **‘So What’**  *So what does this tell me? What could I have done differently?* |  |
| **‘Now what’?**  *Now what needs to happen in the next session, what do I need to do more of and less of?* |  |