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

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| **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 related to planned Values/Attributes to look out for throughout the session*** *Related to the technical/ tactical skills.*
* *Related to character traits / conduct*
 |
| **Time allocated for the activity** | **Activity Description***(To include diagrams, coaching cues, organisation of athletes - where applicable)* | **Actions by Coach / Coaching Cues** ***Check:*** *Instruction & Explanation, checking for understanding for tasks & behaviours -* ***What am I going to say/ask/do BEFORE activity 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 DURING activity when I see the observable behaviours and coaching cues that the activity is designed to draw out?******Reinforce:*** *Methods you will use* ***AFTER*** *the activity to discuss or emphasise learnings related to skills and/or values.* |
|  | Introduction / Warm-up |  |
|  | Main Activities  Main Activities |  |
|  | Main Activities |  |
|  | Conclusion |  |