

Grainger Park Boys Club Session Plan



Age of Group		Numbers Expected		Length of Session	
Health and Safety					
Check pitch for hazards and make sure goals are properly anchored. Do players have shin pads on and laces tied? All jewellery removed and no chewing gum? Ask group if there is any illness or injuries. Do you have an emergency contact list and first aid kit available?					
Topic		Specific Objective			
Equipment Needs					
Activity	Drill	Main coaching points		Time	
Warm Up					
Main Content					
Small Sided Game					
Warm Down					
Review	On a Scale Of 1-5 Was The Session...		What Would You Want To Change Next Time?		
	Safe?				
	Effective?				
	Fun?				