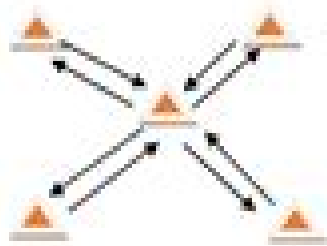


## Coaching Session Plan

| Session No. | 1                                              | Date & Venue                                                                                                                                                                                  | -                                                                                    | Group: | Inactive adults | Equipment: | Cones | Risk Assessment |  |
|-------------|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------|-----------------|------------|-------|-----------------|--|
| Goals       | 1. Getting adults aged 35-50 physically active |                                                                                                                                                                                               |                                                                                      |        |                 |            |       |                 |  |
| Timings     | Task                                           | Coaching points                                                                                                                                                                               | Diagram                                                                              |        |                 |            |       | Progressions    |  |
| 30 mins     | Walking football                               | Two teams play a game of football, only allowed to walk during the game.<br>Mainly higher age bracket                                                                                         |    |        |                 |            |       | Add other rules |  |
| 10-15       | Football match                                 | Standard game of football to include some competitiveness, for the younger crowd                                                                                                              |   |        |                 |            |       | Add more rules  |  |
| 10mins      | Star challenge                                 | Individually run from the middle cone to one of the outside cones before returning to the middle cone, and consistently do this for each cone touching as many cones as you can in 30 seconds |  |        |                 |            |       | Add more cones  |  |

# Fa Youth Coaching Session Plans

**J Rink**



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