Coaching Session Plan

Session N	io.	1	Date -		Group:	Inactive adults	Equipment:	Cones	Risk Assessment
Goals		1. (Getting a	dults aged 35-50) physically ac	tive		*	
Timings	ings		k	Coaching points		Diagram			Progressions
30 mins	W	Walking football		Two teams play a game of football, only allowed to walk during the game. Mainly higher age bracket					Add other rules
10-15	Football match		atch	Standard game of football to include some competitiveness, for the younger crowd					Add more rules
10mins	Sta	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				<u>*</u>	Add more cones

Fa Coaching Session Plan Template

Marcel A. Müller

Fa Coaching Session Plan Template:

Fa Coaching Session Plan Template Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Fa Coaching Session Plan Template**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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