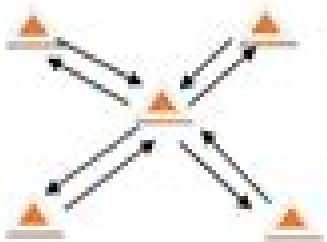
Coaching Session Plan

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 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 Coaching Session Plan Template

Katrin Zwirglmaier

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