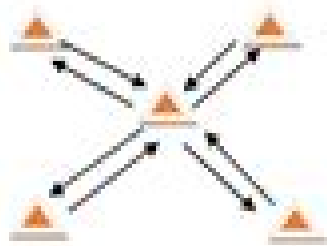


## Coaching Session Plan

| 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 Coaching Session Plan Template

**Léo Pomar**



## **Fa Coaching Session Plan Template:**

## Whispering the Techniques of Language: An Psychological Quest through **Fa Coaching Session Plan Template**

In a digitally-driven earth where screens reign great and quick connection drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within words often move unheard. Yet, located within the pages of **Fa Coaching Session Plan Template** a captivating literary prize sporting with organic emotions, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus attracts readers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within ab muscles fabric of every word. Within the mental depths of this poignant evaluation, we can embark upon a heartfelt exploration of the book is core styles, dissect its charming writing model, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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