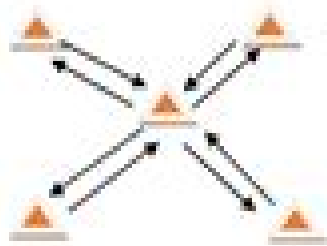


Coaching Session Plan

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

CL Gary



Fa Coaching Session Plan Template:

Unveiling the Magic of Words: A Review of "**Fa Coaching Session Plan Template**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Fa Coaching Session Plan Template**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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