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|------------------------------|-------------|-------------------------------|
| SESSION PLAN | | |
| Venue | Date | Time |
| Age | # | Experience |
| SESSION AIM | | COACH AIM |
| WARM UP | | |
| THEME | | Coaching Points |
| GAME | | |
| COOL DOWN | | |
| EQUIPMENT | | |
| SAFETY | | |
| EVALUATION OF SESSION | | EVALUATION OF COACHING |