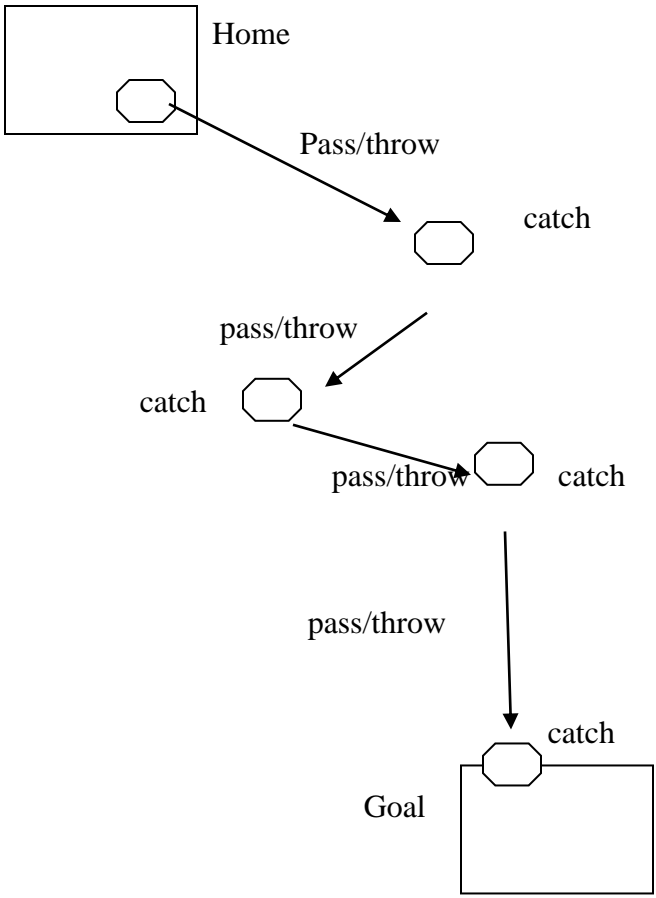


COACHING SESSION PLAN

Date: 15/03/19	Name(s): Leroy williams	Equipment/resources: 6 large sponge balls, 30 bibs in five/six different colours. 20 spot markers or small cones.	Risk Assessment <i>(tick box if completed)</i>
Time: 13:00hrs	Session Title: ONE-TO_FIVE SCORE & Pass-it-on	Session Objectives: By the end of this session <u>all</u> participant will have an understanding of team work, co-operation, and communication.	
No. in Group: 8	Venue: Small Gym Montpelier School.	Most participants will be able to pass/throw/catch a ball Some participants will understand spatial awareness to progress the ball to the intended goal.	

IME Mins.	TASK/ACTIVITY What are the participants going to be doing	ORGANISATION & MANAGEMENT Include diagrams, organisational points, equipment	TECHNICAL INFORMATION Questions & coaching points	VARIATIONS, DIFFERENTIATION & PROGRESSIONS
	<p>ONE-TO-FIVE SCORE</p> <p>Teams of pass the ball down the gym moving from their square to the corresponding coloured square. Teams can progress if all 5 team members receive and pass the ball.</p> <p>There is no limit to the distance of the pass or throw but the ball MUST NOT touch the floor/walls or another team member.</p> <p>Strictly no contact and no knocking away another teams ball.</p> <p>PASS-IT-ON – warm down Two lines passing the ball left to right and reverse. When a player receives the ball they must talk about what they learned in 1-2-5 and also talk about a book they read today.</p>		<ul style="list-style-type: none"> • Communication. Call the name of the person you are passing to • Move to apposition that progresses the ball to the goal • When you score you get double points for getting the ball back home • If the ball touches the floor/walls/or the other teams you go home and start again. • Speed/accuracy and short throws will be the best tactic • Mixed sex teams 	<ul style="list-style-type: none"> • 10 passes • Build the box before you move the ball • 1 point if you go to the goal and back.

