



Australian Government
Australian Sports Commission



SESSION PLANNER

Date
Time

Group	Venue	Attendance	Equipment / Other resources
Duration			

SESSION OBJECTIVE

INTRODUCTION (Welcome, reminders, safety)

START OUT	GET INTO IT	FINISH UP
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List activities & duration	List activities & duration	List activities & duration
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DELIVERY How the content above will be delivered eg/ Formations, groups, circuits, activity combinations, sequences, transition. Also include modifications to activities, questions to ask, coaching tips.

START OUT	GET INTO IT	FINISH UP
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NOTES	SESSION EVALUATION
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Safety Reminders Pre-session checks Weather Incidents	What worked / didn't. What did they like / didn't like. Modifications for next time.
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