Community Foundation Session Planner

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| **Name:** | **Date of session:** |
| **Sport:** | **Team/Club:** |

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| **Number of players:** | **Age/Ability range:** |
| **Medical info:** | **Other player info:** |

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| **Location:** |
| **Facilities available:** |
| **Equipment available:** |
| **Health and safety considerations:** |
| **Improvement points from previous evaluations:** |
| **Session aim(s):** |
|  | **Timings** |
| **Key technical points (coaching points):** |  |
| **Warm-up:** |  |
| **Session content:** |  |
| **Cool-down:** |  |