The planner below uses a 1.5 hour session time, this can be adjusted to fit the time available to you.

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| Old Examplehamians - Session plan | | | | | |
| Date | 1/1/2020 | Phase 3 - In-Season | Session #XX | Coaches | Sarah Bloggs, Joe Smith, John Doe, Jane Doe |
|  | | | | | |
| **Coaches Focus:** *List a few key points to help you and co-coach focus on session*  **Player Focus:** *Key message that players should take away*  **Principles of play:** *Use RFU Principles of Play – Pressure, Continuity, Support, Contest Possession, Go Forward*  **Block 3:** *Link to Season Plan / Tactical Periodisation*  **Objective:** *Picture of success for the session* | | | | | |
| **Timings** | **Activity** | | **Key Points** | | |
| 0 mins | Introduction | | *Introduce the key messages here using principles of play* | | |
| 2 mins | Warm Up | | *Use Activate Principles*  <https://www.englandrugby.com/participation/coaching/activate> | | |
| 22 mins | Game Zone / Skill Zone / Game Zone | | *Break the main body of the session into sub-sections as desired, consider listing in this section specific activities for each coach / co-coach so that everyone is clear on their role in delivering the session.*  *Additionally, consider writing down some key words or phrases to use to help players in their development.* | | |
| 85 mins | Wrap Up | | *Remind yourself to use the principles of play and key messages from the start to wrap up the session.* | | |