

# Rugby Union Coaching Session Plan

This session plan should be used to plan your rugby union coaching session.

Coach Name:		Date:	
Aim of Session:		Duration:	
Equipment Required:		No. of participants:	
Participant Information (Ability/Medical Issues etc.):		Venue/Facility:	

## Facility Health and Safety Information

Telephone Available and Location:		First Aid Available and Location:		Participant's Clothing, Footwear, Jewellery Appropriate:	
Potential Hazards:					

## Session Plan

Aim/Activity:	Key Factors	Organsiation/Equipment/Time

# Coaching Session Review and Evaluation

Were the aims of the session achieved? Identify which ones were and were not.			
What were the reasons for achieving your aims? <i>(reflect upon organization, appropriateness of activities, coaching styles.)</i>			
What were the reasons for <b>not</b> achieving your aims? <i>(reflect upon organization, appropriateness of activities, coaching styles.)</i> <i>(reflect upon organization, appropriateness of activities, coaching styles.)</i>			
What changes (if any) did you make to your session that were not in your plan and why?			
Would you do anything differently if you were to run this session again?			
What have you learnt about your coaching from this session?			
<b>Personal Action Plan</b> <i>Using the information above, what changes will you make to your planning, coaching delivery and organization in future sessions?</i>			
Candidate signature:		Tutor/Assessor signature:	