

# 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

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