

CTEC Sport Transition Task

The Task

You have been asked to help your old primary school by going in to run a few coaching sessions with the Year 6 students.

They have said that you can coach any activity but the session must be 1 hour long. They have all the equipment that you could need and ample space to do it.

The group will be a mix of girls and boys, and a wide range ability wise.

They have asked you to write a full session plan in preparation for the lesson. Use the session plan template on the next page to complete the plan. The plan may run onto more than one page should you wish.

Name -

Coaching session plan – Put the focus skill of the session

Objective – What should students be able to do at the end of the session?

Netball session	Activity	Duration	Coaching points	Differentiate	Equipment
Warm up					
1 st drill					
2 nd drill – progression from drill 1					
Conditioned game					
Cool down					