

## SESSION PLANNER

Session Planner		Date:	
		Time:	
Group:	Venue:	Attendance:	Equipment & resources required:
Duration:			
Session Objective:			
Introduction (welcome, reminders, etc):			

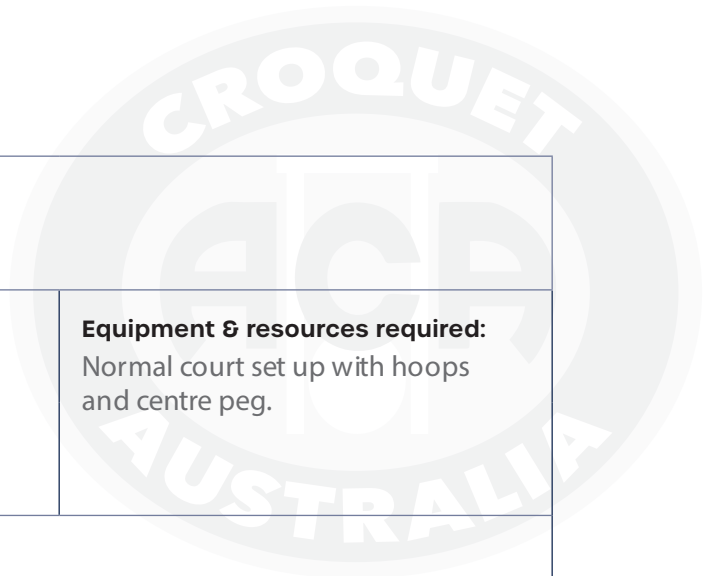
Activity 1	Activity 2	Consolidation
<b>Content</b> (List activities & duration):	<b>Content</b> (List activities & duration):	<b>Content</b> (List activities & duration):
<b>Delivery</b> (how the content will be delivered. Include modifications to activities and coaching tips):	<b>Delivery:</b>	<b>Delivery:</b>
<b>Notes</b> (safety, reminders, pre-session checks, incidents, weather):	<b>Session Evaluation</b> (What worked/didn't. What did they like? Modifications for next time):	
<b>COACHES NOTES:</b>		

## EXAMPLES OF A COMPLETED SESSION PLANNER

<b>Extra Stroke</b>		<b>Date:</b>	
		<b>Time:</b>	
<b>Group:</b>	<b>Venue:</b> On the lawn (entirely)	<b>Attendance:</b>	<b>Equipment &amp; resources required:</b> Normal court setup, 4 balls and mallet per player.
<b>Duration:</b>			
<b>Session Objective:</b> To ensure the candidate knows how and when to use extra strokes to both attack and defend.			
<b>Introduction</b> (welcome, reminders, etc):			

Activity 1	Activity 2	Consolidation
<b>Content</b> (List activities & duration): Use of extra strokes to attack.	<b>Content</b> (List activities & duration): Use of extra strokes to defend.	<b>Content</b> (List activities & duration): Play a 7 point game with all players having 3 extra strokes.
<b>Delivery</b> (how the content will be delivered. Include modifications to activities and coaching tips): Discuss options for using extra strokes as an attacking option.	<b>Delivery:</b> Discuss options for using extra strokes as a defensive option.	<b>Delivery:</b> Blue and Black are only to use their extra strokes to defend. Red and Yellow are only allowed to use their extra strokes to attack.
<b>Notes</b> (safety, reminders, pre-session checks, incidents, weather):	<b>Session Evaluation</b> (What worked/didn't. What did they like? Modifications for next time):	
<b>COACHES NOTES:</b>		





Halfway Rule & Penalty Areas		Date:	
		Time:	
<b>Group:</b>	<b>Venue:</b> On the lawn (entirely)	<b>Attendance:</b>	<b>Equipment &amp; resources required:</b> Normal court set up with hoops and centre peg.
<b>Duration:</b>			
<b>Session Objective:</b> To ensure the candidate knows when a ball is off-side, where Penalty Areas are located and the exemptions to the off-side Rule.			
<b>Introduction</b> (welcome, reminders, etc):			

Activity 1	Activity 2	Consolidation
<b>Content</b> (List activities & duration): Off-side position for each hoop	<b>Content</b> (List activities & duration): Location of Penalty Areas	<b>Content</b> (List activities & duration): Exceptions to off-side Rule
<b>Delivery</b> (how the content will be delivered. Include modifications to activities and coaching tips): Walk the lawn starting at Hoop 1 and explain what happens, and then go to Hoop 2 and so on until you have completed the hoop sequence. Ask the players to repeat the sequence back to you until you are comfortable that they understand.	<b>Delivery:</b> Explain where both Penalty Areas are located.	<b>Delivery:</b> Explain the exceptions to off-side Rule: <ol style="list-style-type: none"><li>1. Came off opposition ball.</li><li>2. Came to rest as a result of a turn which scored a hoop.</li><li>3. Came to rest after a shot played by opposition.</li></ol>
<b>Notes</b> (safety, reminders, pre-session checks, incidents, weather):	<b>Session Evaluation</b> (What worked/didn't. What did they like? Modifications for next time.):	
<b>COACHES NOTES:</b>		

# COMPETENCY ASSESSMENT CHECKLIST

Name: \_\_\_\_\_

Assessor / Presenter: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Understanding and Communication

Competency	Comment	Pass	Review
Understands the role of the Coach and the ACA Code of Ethics			
Understands essential administrative processes (log books).			
Is able to observe, analyse and adapt to improve player performance.			
Uses a range of communication skills and provides positive feedback.			
Understands the extra responsibilities when working with children.			
Understands the role of the coach in anti-doping.			
Understands the responsibilities of a coach in health and safety, nutrition and hydration.			
Knows how to safely conduct a training session, effectively managing risks.			
Understands the legal responsibilities and the regulations and compliance regulations and the Croquet Australia member protection policy in relation to coaching activities.			
Understands and is able to complete a session plan.			
Understands and is able to set goals and use an Individual Development Plan.			
Demonstrates a commitment to coaching.			