



Title:								
Date:		Venue: Guildford Rugby Club	Duration:		No of Players:		Ability/Level:	
Session Goals:				Coaching Goals:				
Equipment:								
Section 1 - Warm Up								
Time	Task / Activity / Content				Coaching Points			
Section 2 - Main (Game Focused)								
Time	Task / Activity / Content				Coaching Points			
Section 3 - Break Out (to be run with section 2 if numbers/coaches allow)								
Time	Task / Activity / Content				Coaching Points			
Section 4 - Game Finisher								
Time	Task / Activity / Content				Coaching Points			
Notes								