

East's' Coaching Session Plan

WEEK No.	SESSION No.		DATE:			
	Conditions:		Time:			
OBJECTIVES (BE SPECIFIC)	•		•			•
EQUIPMENT REQUIRED	Cones	Balls	Hit Shields	Tackle Bags	Tackle Suits	Agility Poles
Warm Up	Time:					
Defence	Time:					
Attack	Time:					
Continuity	Time:					
Set Plays	Time:					
Team Patterning	Time:					

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	Conditions:		Time:			
OBJECTIVES (BE SPECIFIC)	•		•			•
EQUIPMENT REQUIRED	Cones	Balls	Hit Shields	Tackle Bags	Body Suits	Poles
Warm Up	Time:					
Defence	Time:					
Attack	Time:					
Continuity	Time:					
Set Plays	Time:					
Team Patterning	Time:					