

| Age group                                      | session length | Topic               |  |
|--|----------------|---------------------|--|
| <b>Main Coaching points &amp; progressions</b> |                | <b>Organisation</b> |  |
|  |                |                     |  |
|  |                |                     |  |
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|  |                |                     |  |
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|  |                |                     |  |
|  |                |                     |  |
| <b>Review</b>                                  |                |                     |  |
| <b>what went well</b>                          |                |                     |  |
| <b>Even better if</b>                          |                |                     |  |
| <b>Changes for next time</b>                   |                |                     |  |