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| Date: | Attendance: | Stakeholders: |
| Venue: |
| Session objective/s: |
| Warm-up activities: |

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| --- | --- | --- | --- | --- |
| **PLAY 1**Game:Objective:Rules/instructions:Modifications: Equipment: |  | **INQUIRE**Observations:Questions:  |  | **PLAY 2**Game:Objective:Rules/instructions:Modifications: Equipment: |
|  |
|  | **PRACTICE**Activity:Objective:Instructions:Equipment: |  |

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| **Review/evaluation*** Were the session objectives achieved and how?
* Did the participants develop/improve the performance of their movement, decision-making and/or tactical awareness?
* Was my use of questioning effective and why/why not?
* Was I prepared enough before the session began?
* Could any parts of the session be improved?
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## How to complete the template

Add in the basic details of the session: when and where it is taking place; who will be in attendance; the overall objective/s; and the warm-up activity or activities.

In the PLAY 1 section, develop the first game your participants will take part in. This game should focus on all elements of performance (i.e. movement, decision-making and tactical awareness). This includes what the game is, the objective/s of the game, the rules/instructions of the game and the equipment needed.

In the ENQUIRE section, make a list of what you as the coach will focus on when observing your participants take part in the first game and potential questions you may ask based on the objective/s or what you might expect to observe.

In the PRACTICE section, develop an activity that focuses on developing a particular aspect of the participant’s performance. This activity should match/progress an element of performance from the first game.

In the PLAY 2 section, develop another game that extends on from the game in the PLAY 1 section. This can be a modified version of the first game, which either progresses or regresses the performance of participants or a new game that looks to achieve the session objective/s but in a different context.

Reflect upon the session in the Review/evaluation section.

## How to use the template

Always begin with PLAY 1. Use the INQUIRE section to find out what your participants are learning (or not learning) from the game by asking questions.

Based on the responses you get and what you have observed in the game, use the activity in the PRACTICE section to focus on developing a particular part of your participant’s performance, go back to the first game in PLAY 1 or move on the next game in PLAY 2 to challenge or make things easier for you participants. As the coach, choose which path to follow based on your observation of your participant’s performance and what you think they would benefit from most.

After each PLAY and PRACTICE section, come back to the INQUIRE section to take time in trying to understand what your participants are learning or taking from their involvement in the game or activity.

\*Adapted from Pill (2020) [Developing Meaningful Understanding of Games and Sport using a Game-Based Approach (learningthroughsport.blogspot.com)](https://learningthroughsport.blogspot.com/2020/11/developing-meaningful-understanding-of.html)