

Build your own

WOOLWORTHS NETSETGO SESSION PLAN

DATE: _____

TIME: _____

DURATION: _____

AIM OF THE SESSION	TEAM/GROUP CONTEXT	HEALTH + SAFETY

EQUIPMENT NEEDED	WARM UP ACTIVITIES

ACTIVITY 1	ACTIVITY 2

ACTIVITY 3	COOL DOWN



Build your own

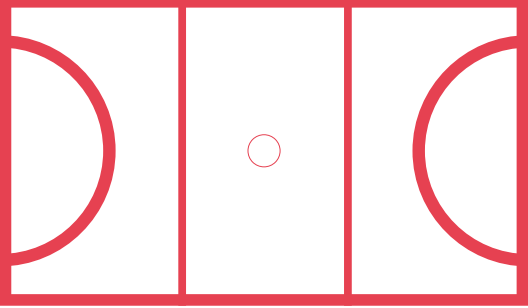
WOOLWORTHS NETSETGO SESSION PLAN

DATE: _____

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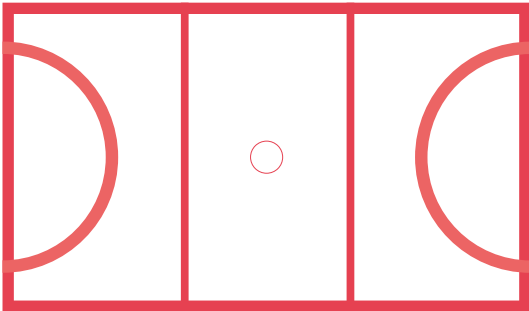
DURATION: _____

AIM OF THE SESSION	TEAM/GROUP CONTEXT	HEALTH + SAFETY

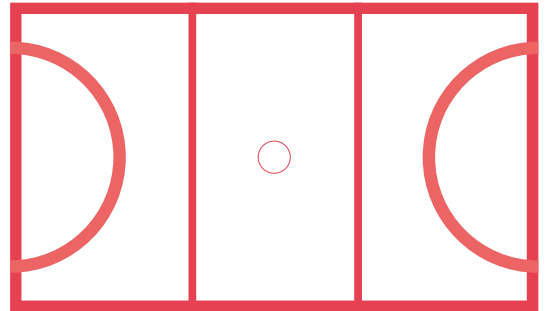
EQUIPMENT NEEDED	WARM UP ACTIVITIES
COACHING TIPS AND POINTS OF EMPHASIS	



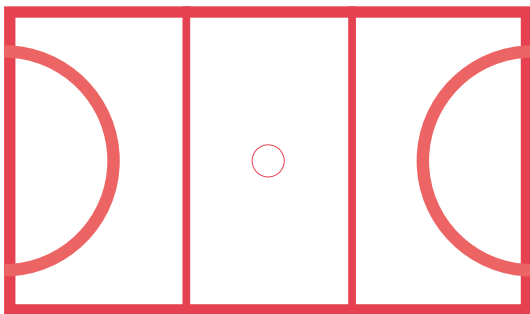
ACTIVITY 1



ACTIVITY 2



ACTIVITY 3



COOL DOWN

SESSION REFLECTIONS