

L1 Session Planner

| Name: | | | |
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| Date: | Time: | Venue/facility: | Risk assessment complete: |
| Session: | | | |
| No of Players and age: | | Coaches/Volunteers present: | Equipment/resources: |
| Group Ability: | | | |
| Session Objective: Introduction to Wheelchair Rugby – Safety, transitioning in/out of chairs, intro to contact, basic passing, movement and progression to basic game | | | |
| Content | Time | Activity/Session Content (including Progression) | Coaching Points |
| Preparation and warm-up: | 5 Mins | First session so not conducting a warm up, equipment set up with 4 chairs opposite 4 chairs in separate lanes for movement, contact work and also an Attack Chair for Safety and Transitions | <ul style="list-style-type: none"> Conduct intro and venue safety checks Explain demo formations when using chairs – Semi Circle and Line |
| Practice and progressions | 5 Mins | <p>Chair description - Talk through with chairs</p> <p>Safety Points – Talk through</p> <p>Transitions – Demonstrate, split into two groups and practice</p> | <ul style="list-style-type: none"> Ask group to id differences between two chairs and a standard wheelchair then the differences between attack and defence. Talk through additional points missed Demonstrate Transitioning into chair, reinforce: Player at back to support chair <p>Feet must be strapped in and lap/waist strap must be secure</p> <p>Gloves to be worn, taped at wrists</p> |
| Practice and progressions | 10 Mins | <p>Chair movement – Explain and Demonstrate basic pushing techniques:</p> <ul style="list-style-type: none"> Both arms not one at a time Full range not short strokes Turns – Hold one wheel and push with other or push with more pressure on one wheel Pulling wheels backwards to move back Opposite push/pull for spin <p>Group practice with transitions (if necessary) - in lanes - pairs opposite each other:</p> <ul style="list-style-type: none"> Forward movement Backwards movement Turns Spins | <ul style="list-style-type: none"> Line formation for demo Hand Position on Wheel on black not red (tyre) Chest to knees on each push to generate more power Reiterate Safety aspect of not pushing down thumbs into gap between wheel and bash plate on attack chairs Movement practice under control of coach |

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| Practice and progressions | 10 Mins | <p>Contact Development (Head On) – Lanes marked out with blue start cones orange and red progressions for increasing distance.</p> <p>Demonstrate head on contact at Blue, Orange and Red</p> <p>Group practice with transitions (if necessary) - in lanes - pairs opposite each other:</p> <ul style="list-style-type: none"> • Blue under coaches control (1st Time) • Orange • Red | <ul style="list-style-type: none"> • Line formation for demo • Foot and Lap belt checks after any transitions • Push Through Contact (don't remove hands) • Hips forward on contact • Cover additional safety points: Chair hits not permitted behind the wheel spindle Chair Hits not permitted directly into rear of chair |
| Practice and progressions | 10 Mins | <p>Basic Static Passing – in lanes - pairs opposite each other</p> <ul style="list-style-type: none"> • Explain and demonstrate: Chest Pass and Bounce Pass <p>Group practice with increasing distance (Orange – Red)</p> | <ul style="list-style-type: none"> • Appropriate type of pass (Ability of catcher) • Power of Pass • Accuracy of Pass (High/Low/Left/Right) |
| Practice and progressions | 15 Mins | <p>Playing the game – Explain the playing area and how to score, restarts and boundaries</p> <ul style="list-style-type: none"> • Split into teams and allow to play • Stop and re-cover points or break down skills if necessary | <ul style="list-style-type: none"> • Culmination of skills learnt during session • Attack into space • Defend as a team • Communication • Accuracy |
| Cool down and recap: | 5 Mins | <p>Movement in a circle, Tempo High to Medium to Low, Turn in Semi Circle</p> <p>Conduct Static stretches Top to Waist</p> | <p>Cover Session progression</p> <p>Confirm with Questions</p> <p>Ask for feedback</p> <p>Look Forward to next session</p> |
| Session Evaluation: | | | |
| Contingency plan: Reduced Timings: Half session to session 1(Finish on Contact) Reduced Playing area: Less players in chairs with more transitions | | | |
| Signature of coach: | | | Print name: |
| | | | Date: |