

L1 Coaching Session Planner

Name:			
Date:	Time:	Venue/facility:	Risk assessment complete:
Session no:			
No of Players and age:		Coaches/Volunteers present:	Equipment/resources:
Group Ability: Beginner			
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 and Defence 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	15 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

Practice and progressions	20 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	20 Mins	<p>Picking Ball up off floor - in lanes - pairs opposite each other on Red</p> <p>Explain and demonstrate:</p> <ul style="list-style-type: none"> ● Roll past to gauge distance ● Pin and pick up <p>Group practice with transitions (if necessary) - in lanes - pairs opposite each other:</p> <ul style="list-style-type: none"> ● Player 1 Pick up ● Player 1 Place down ● Player 2 Pick Up ● Player 2 Place Down ● Repeat <p>Progression to weaker hand Pick up</p>	<ul style="list-style-type: none"> ● Line formation for demo ● Chair positioning ● Timing ● Control of speed and chair <p>Cover safety point:</p> <ul style="list-style-type: none"> ● Avoid chair contact when players are reaching down for ball

Practice and progressions	20 Mins	Playing the game – Explain the playing area and how to score, restarts and boundaries <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	Movement in a circle, Tempo High to Medium to Low, Turn in Semi Circle Conduct Static stretches Top to Waist	Cover Session progression Confirm with Questions Ask for feedback Look Forward to next session	
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: