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| **TASK –** * In groups of four you are to plan a short session based on the categories below (aim of session etc) and of **a sport of your groups choice**.
* Please allocate roles within your group so that everyone is contributing.
* Please ensure you watch the video link based on the AIM model to refresh your memory of what is involved as well as referring to your ‘**Fundamentals of coaching’** section on your moodle page for information based on STEP approaches / key points of warm ups, drills and so on.
* You must also take into consideration the ‘Adapting the game’ section of the powerpoint used in todays class (USYOUTHSOCCER.ORG) – this section highlights potential adaptations linking to balance, agility, strength, endurance, co-ordination, accuracy, visual impairments.
* You have licence to be creative here in terms of adapting your choice of sport – as you design, please make sure you are discussing with one another and suggestions are made for the groups consideration as opposed to ‘everyone being an island’ when it comes to their section for example….
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| Aim of session |
| Applications of Activity Inclusion Model (AIM) |
| Time | Content/ Practices | Description of drill | Layout/organisation | Coaching points/notes | Adaptations & STEP framework |
|  | Introduction/warm up |  |  |  | S-T-E-P- |
|  | DrillProgression 1 Progression 2  |  |  |  | S-T-E-P- |
|  | Conditioned activity |  |  |  | S-T-E-P- |
|  | Cool down |  |  |  | S-T-E-P- |