



Programme Plan

| Session 1 | | |
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| Warm Up Activity | | Time: 15-20 min |
| Leaders | Activity | Notes |

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| Skills/Drills | | Time: 15-20 min |
| Leaders | Activity | Notes |

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| Game | | Time: 20 min |
| Leaders | Activity | Notes |

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|--------|------|-----------------|
| Talk | | Time: 10-15 min |
| Leader | Talk | Notes |

SUPPLEMENTARY PAGES (photocopiable)

