

VISUAL SCHEDULE



A visual schedule helps players to know what is planned and what they are expected to do. This might reduce feelings of anxiety and might help players move from one activity to the next during the session. You could display the visual schedule on a whiteboard or flipchart. An example is provided below, as well as a blank template for you to create your own visual schedule.

Note: Marking the task as 'done' can help some players know when an activity is finished. To support this, you could ask players to tick each activity picture when it is finished.

EXAMPLE

9:00AM		GROUP TALK
9:05AM		WARM UP GAMES
9:10AM		ACTIVITIES
9:50AM		MINI MATCHES
10:00AM		HOME TIME

VISUAL SCHEDULE TEMPLATE



TIME	VISUAL AND BRIEF INSTRUCTION