

Training Session Plan

Date		Time		Venue	
Session Aim:			Resources:		
Session Focus':					
The Warm-Up					
Warm-up Leader					
Intro Drill					
Notes:					
Introduction					
Group Splitting:					
Talking Points:					
Drill 1					
Drill Description:					
Start Time:		End Time:		Duration:	
Coaching Points:					
Progression:					
Drill 2					
Drill Description:					
Start Time:		End Time:		Duration:	
Coaching Points:					
Progression:					
Games					
Additional Notes					