

COACHING SESSION PLANNER

DATE:	STARTING TIME:	FINISHING TIME:
NO. IN ATTENDANCE:	CONDITIONS:	

SESSION THEME

EQUIPMENT LIST

WARM UP

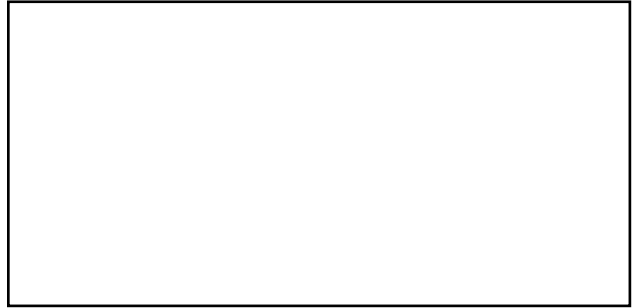
PLAY A GAME 1

REVISE A TECHNIQUE

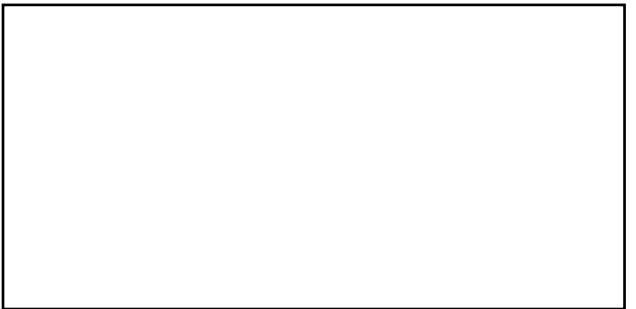
PRACTISE THE TECHNIQUE



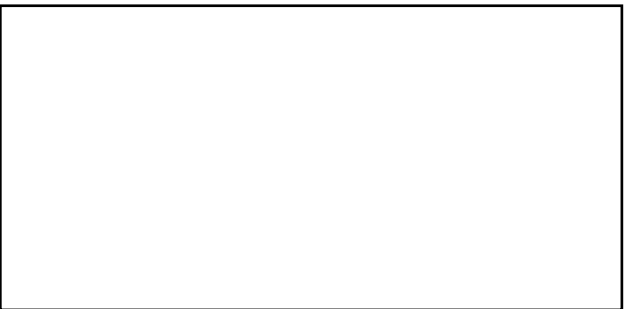
DEVELOP THE SKILL



PLAY A GAME 2



COOL DOWN



SESSION REVIEW

IDENTIFY 3 ASPECTS OF THE SESSION THAT WENT WELL:

1. _____
2. _____
3. _____

IDENTIFY 3 ASPECTS OF THE SESSION TO IMPROVE UPON:

1. _____
2. _____
3. _____