TRAINING SESSION PLANNER

Name: _____

Equipment:
❑ Players ____ ❑ Goalkeepers ____ ❑ Goals ____ ❑ Vests-Yellow ____
❑ Balls ____ ❑ Cones ____ ❑ Vests-Red ____

Topic: _____

Demonstration/Organization:

_____

_____

Warm Up Activity: **Duration:** _____

_____

_____

_____

Teaching Progression/Main Activities: **Duration:** _____

A. Fundamental ***B. Game Related*** ***C. Game Condition***

_____

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Cool-down Activity: **Duration:** _____

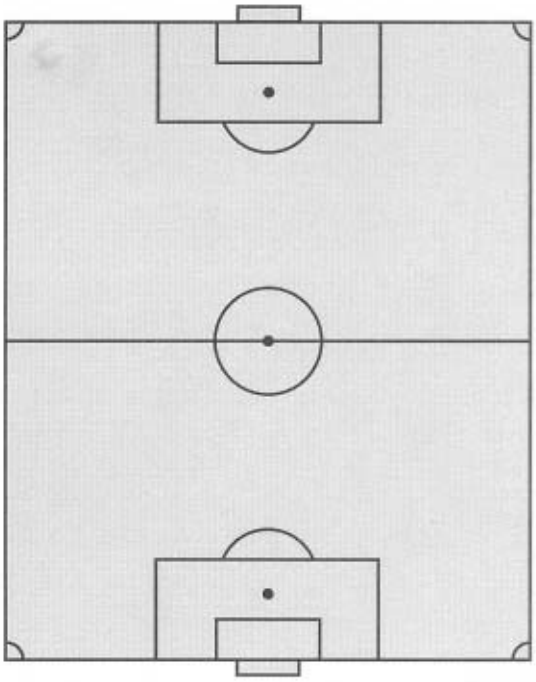
_____

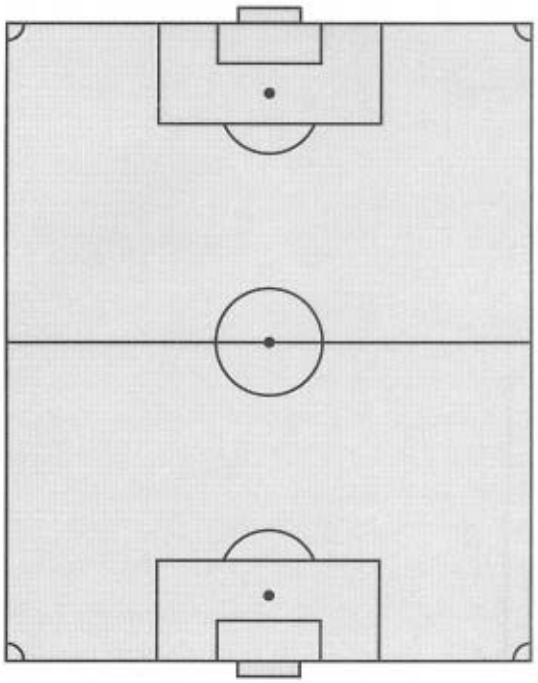
_____

Summary/Notes:

_____

_____





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