

# SESSION PLANNER

COACH

AGE GROUP

DATE

NAME OF GROUP

NO. OF PLAYERS

DURATION

## EQUIPMENT REQUIRED

SESSION CONTENT

WARM UP

MAIN THEME OF SESSION

ORGANISATION

SET UP

KEY COACHING POINTS

PROGRESSION ONE

PROGRESSION TWO

## SESSION EVALUATION

WERE THE OBJECTIVES ACHIEVED?

ASPECTS FOR IMPROVEMENT

ASPECTS OF THE SESSION THAT WERE EFFECTIVE  
AND WHY

NOTES FOR FUTURE SESSIONS

### ADDITIONAL NOTES

INDIVIDUAL PERFORMANCE NOTES | INJURIES | CONDITIONS