 **SESSION PLANNER**

|  |  |  |
| --- | --- | --- |
| **Date:**  **Venue:**  **Duration:** | **Team Coaches in Attendance:** | **Equipment Required:** |

|  |
| --- |
| **Session Objectives / Learning Outcomes:** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Warm Up Activity:** | **Drills and Games:** | **Drills and Games:** | **Drills and Games:** |

|  |  |
| --- | --- |
| **Review / Evaluation:** (to be carried out after session)   1. **Key points from session 2. What worked/what wasn’t working 3. Modifications to make for next session** | **Cool Down:** |