

SESSION PLANNER

SESSION THEME:

AGE GROUP:

SESSION LENGTH:

OBJECTIVE

1. ACTIVATE

Technical Warm up

Players/Set up:

Duration:

2. CHALLENGE

Pressure + Repetition

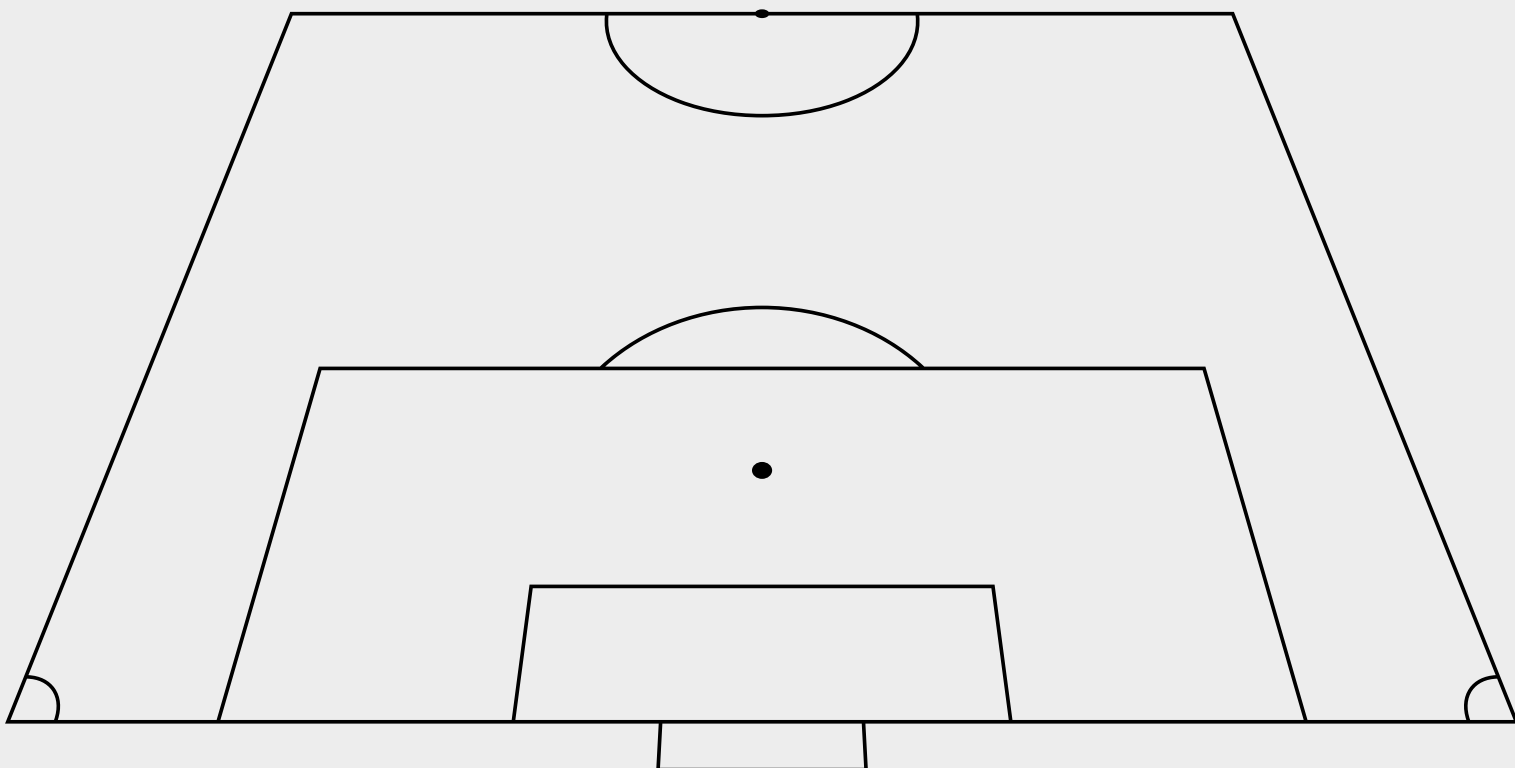
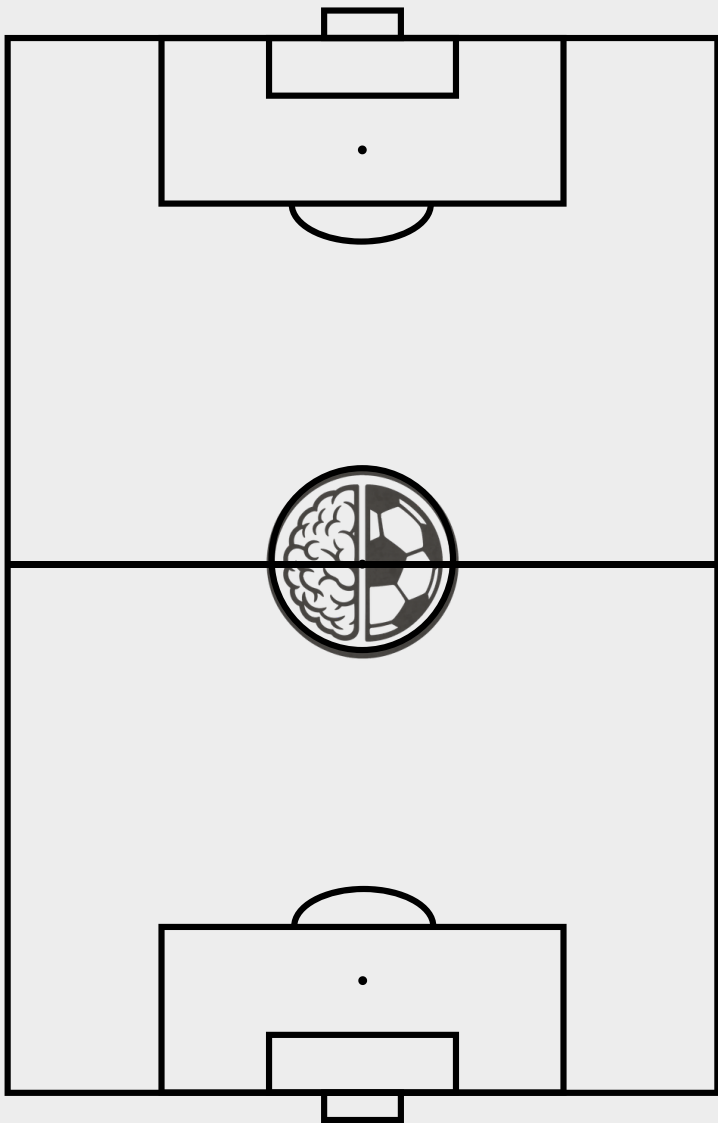
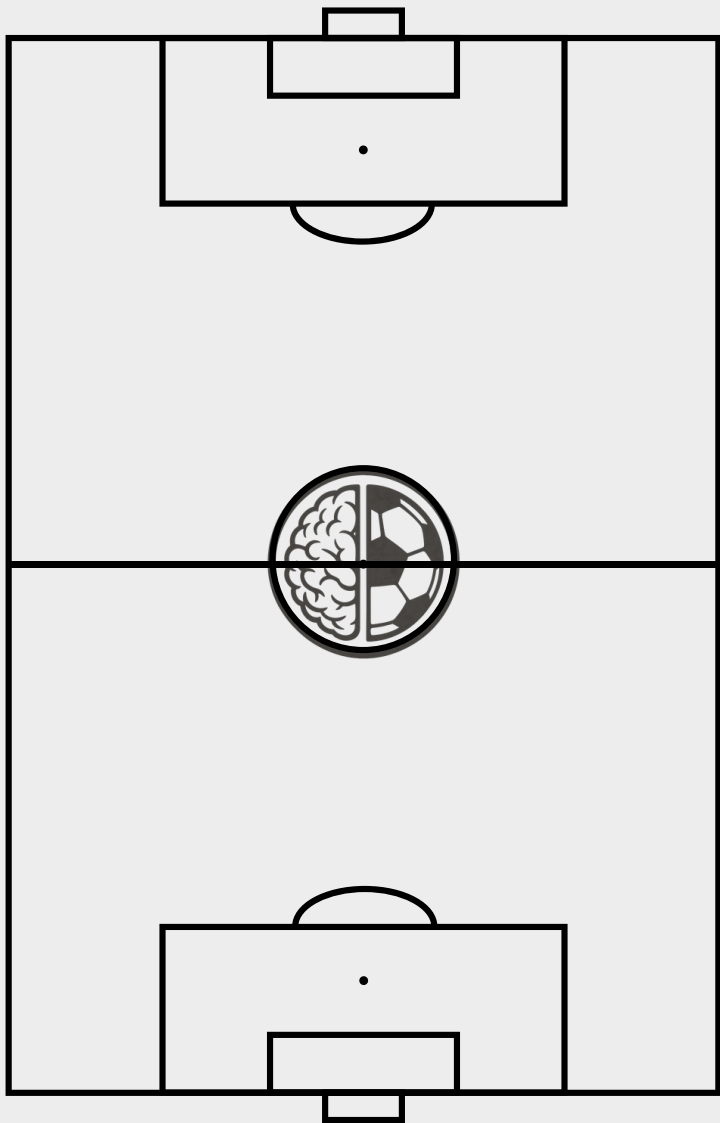
Players/Set up:

Duration:

Progression:

Regression:





SESSION PLANNER

3. COMPETE

GAME APPLICATION

Players/Set up:

Duration:

Progression:

Regression:

4. REFLECT

Debrief

What Improved Today? What Did We Learn/Try?

What Broke Down? What Didn't Work? & WHY?

