

Training Session Planner

Team / Club _____ **Date** _____

Session No: _____ **Time :** _____ **No Of Players:** _____

Location: _____ **Coach:** _____

Session Goals: _____

Segment	Organisation	Coaching Points	Time	Comment
Pre-Training Discussion				
Stretching & WarmUp				
Grids & Drills				
Specific Skill Training				
Fitness Training				
Warm Down & Stretching				
Post-Training Discussion				

Things To Improve On: _____