

Session Plan Template

Date:	Attendance:	Equipment needed:
Venue:		
Duration:		

Introduction (aims for session, reminders, etc.):

Beginning:	Middle:	End (game or modified game):
		
C.H.A.N.G.E. I.T. (step-up/step-down):	©TM	Coaching points/comments:

Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.):