
COACHING SESSION PLANNER

DATE: / / STARTING TIME: : FINISHING TIME: :

NO. IN ATTENDANCE: CONDITIONS:

SESSION THEME

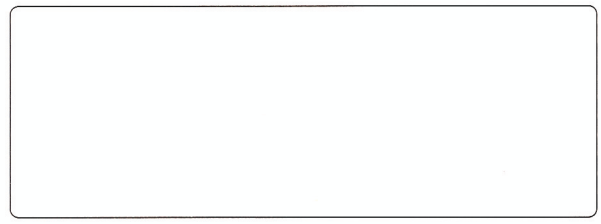
EQUIPMENT LIST

WARM UP

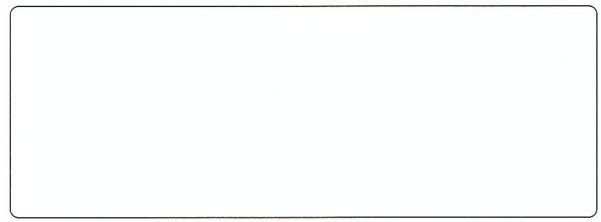
PLAY A GAME 1

REVISE A TECHNIQUE

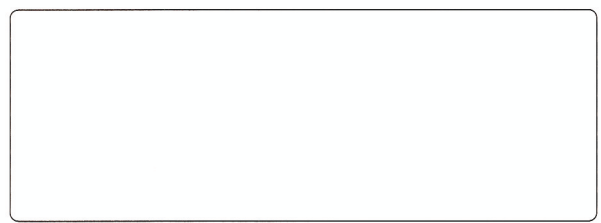
PRACTISE THE TECHNIQUE



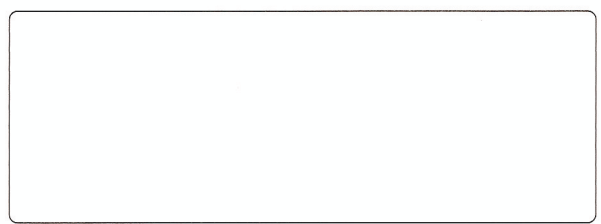
DEVELOP THE SKILL



PLAY A GAME 2



COOL DOWN



SESSION REVIEW

IDENTIFY 3 ASPECTS OF THE SESSION THAT WENT WELL:

1. _____
2. _____
3. _____

IDENTIFY 3 ASPECTS OF THE SESSION TO IMPROVE UPON:

1. _____
2. _____
3. _____