



13's+ TRAINING PLANNER

Time: 5 mins Lead: Coach	WARM UP GAME:	KEY COACHING POINTS: -
Time: 10 mins Lead: Coach	ATTACK SKILL 1:	KEY COACHING POINTS:
Time: 10 mins Lead: Coach	ATTACK SKILL/GAME 2:	KEY COACHING POINTS:
Time: 10 mins Lead: Coach	DEFENCE SKILL 1:	KEY COACHING POINTS:
Time: 10 mins Lead: Coach	DEFENCE SKILL/GAME 2:	KEY COACHING POINTS:
Time: 10 mins Lead: Coach	COMPETITIVE GAME:	KEY COACHING POINTS:
Time: 5 mins Lead: Coach	SESSION SUMMARY: <ul style="list-style-type: none">- What skill or value did we practice tonight?- Did we have Fun?	KEY DISCUSSION POINTS: