



## 8-12's TRAINING PLANNER

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