

Blank Session Plan

Date:		Start:	
		Finish:	
Warm Up			COACHING POINTS
15mins	Preparation Team Chat?		
	Prepare To Train- Mental and Physical		
Lead:	Trainer / Coach		
Field			COACHING POINTS
15mins	Conditioning		
Lead:	Trainer		
POST FITNESS FUN GAME?			
Skills			COACHING POINTS
10mins	Attack Skill Drill		
Lead:	Coach		
10mins	Defence Skill Drill		
Lead:	Coach		
Biased Game / Drill			COACHING POINTS
10mins	Attack Biased Game/Drill		
Lead:	Coach		
10mins	Defence Biased Game/Drill		
Lead:	Coach		
Compete!			COACHING POINTS
15mins	Competitive Game		
Session & Culture Debrief			COACHING POINTS
5mins	Club Values		
Lead:	Coach		

Teams					Injured (Rehab)		
1		Team 1	Team 2	Team 3		1	
2						2	
3						3	
4						4	
5						5	
6						6	
7						7	
8						8	
9						9	
10						10	
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							Absent
21							
22							
23							
24							
25							
26							
27							
28							