

TRAINING SESSION PLAN

Sport: _____ Date _____ # of athletes _____ # of coaches _____

Goal for training session: _____

Facility safety check: Equipment Playing surface Layout Supervision Social distance measures

Time	Session	Specific Objectives	Activities (Drills)	Layout
	Warm-up Exercises: Light stretching Exercises			
	Skills Instruction:			
	Competition Experience: Scrimmage			
	Cool Down/Stretch Team Talk			