Session Plan

Session Theme Date

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|  | Description of activity | Diagram |
| Warm Up (10/15 mins)* Agility Balance Coordination
* Physical Capacities – e.g. speed, strength
 |  |  |
| Game 1 (10/15 mins)* No Conditions
* With Condition (revise a technique)
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| Skill Development (10/15 mins)* Basic activity (Drill / Game)
* Progression
* Advanced activity
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| Game 2 (5/10 mins)* Conditioned to reflect skill
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| Game 3 (10 mins)* Go Games – small sided
* No conditions
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| Cool Down (5 mins) |  |  |

Equipment Required