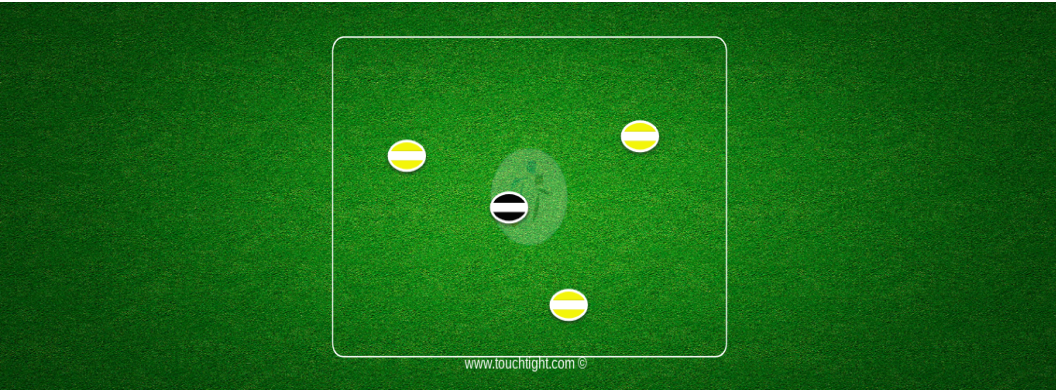


Practice Title	Pregame Warm Up	Practice Format	Dynamic stretch mixed w/ dribbling/passing
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Organisation
9 cones 16x10



Practice Title	Pre Game Posession	Practice Format	3v1
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Organisation
10x10 grid

Key Coaching Points
Up the grid in arrows will be dribbling variations Players will then turn to their left and do a dynamic stretch down the outside of the grid, returning to their original lines.

Challenging Player Questions
Side Shuffle Karaoke Low Skips High Skips Low Kicks High Kicks High Knees Butt Kicks Knee Hugs Yoga Pose Lunges

Progressions / Constraints
Free Dribble Weak Foot Solerolls Tick Tocks Outside Inside (pinky toe big toe) Laces Scissors Dribble Halfway and Pass

Structure			
Time (mins)	Rest (secs)	Intervals	Intensity (1-10)
30	2	2	Low-medium

Key Coaching Points
Passing and moving. Defensive activation. Communication.

Challenging Player Questions

Progressions / Constraints
Unlimited 2-touch 1-touch

Structure			
Time(mins)	Rest(secs)	Intervals	Intensity(1-10)
12	1	1	medium

Coach Name:					Session Phase	
COACHING SESSION PLANNER					Skill Category	
Date:	2019-09-03	Age Group:		Duration:		Coach Level

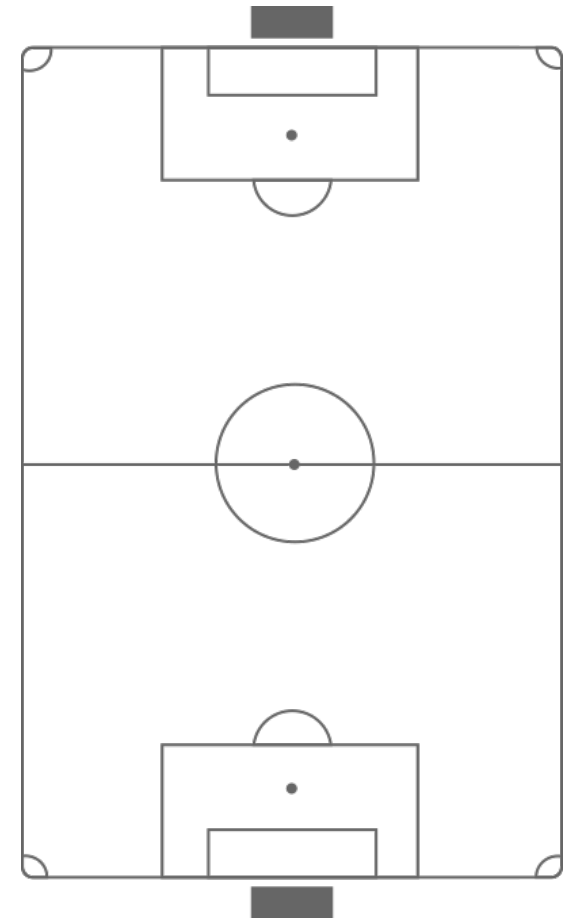
Select your Individuals, pairs, trios and unit objectives that you wish to work on in the group and specify what detail you will be developing within each session element

Players	Objective Type	Objective(s)

Paired Players	Objective Type	Objective(s)

Players 3s	Objective Type	Objective(s)

Players Unit	Objective Type	Unit Focus



What Went Well

Even better If/Future Changes

