



Session Plan

Practice Type:

Equipment needed:

Time	Equipment	Skills Practice	Coaching Points	Additional Info.
0-10 mins		Warm – up / Ball Manipulation		
Water Break		Rest / Fluid intake		
10-20 mins		S.A.Q / Fast feet		
20-25 mins		Fun Game		
25-40 mins		Ball Mastery / Drill		
40-45 mins		Game related		
45-55 mins		Small sided game		
55-60 mins		Cool Down		