

# TRAINING SESSION TEMPLATE

Session Emphasis - \_\_\_\_\_:

Core Skill -

Associate Skill 1 -

Associate Skill 2 -

Re-focus Skill -



## FUN WARM-UP GAMES

(5-10 minutes)

Choose 1 fun game from above  
and do 1 drill to work the basic  
movements from the right

- Jumping
- Agility
- Balance
- Co-ordination
- Running



## CORE SKILL DEVELOPMENT

(10-15 minutes)

Basic Drill:

Intermediate Drill:

Fun Drill:

## ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

Associate Skill 1 Drill:

Associate Skill 2 Drill:

Re-Focus Skill Drill:

## SMALL SIDED GO GAMES

(20 minutes)

### Conditions:

1. Modified game with skill points awarded based on the skills practiced above
2. \_\_\_\_\_
3. \_\_\_\_\_

## CHECK FOR LEARNING & GOAL SETTING

(5 minutes)

1. Did you enjoy the session?
2. What did you learn from tonight's session?
3. What skills are we going to practice for the next