

# COACHING LESSON PLAN



FOCUS OF SESSION: \_\_\_\_\_

DATE: \_\_\_\_\_

<b>FUNDAMENTALS-WARM UP</b>	<b>ORGANIZATION-EQUIPMENT NEEDS</b>	<b>KEY COACHING POINTS</b>
<b>SKILL WORK-FOCUS PT # 1</b>	•	•
<b>SKILL WORK-FOCUS PT # 2</b>	•	•
<b>JUGGLE &amp; REHYDRATE</b>	•	•
<b>TEAM SKILL/TACTICS-FOCUS # 1</b>	•	•
<b>TEAM SKILL/TACTICS-FOCUS # 2</b>	•	•
<b>SMALL-SIDED GAMES/FREE PLAY</b>	•	•

