

SPORTS PROGRAM: SESSION TEMPLATE

PLAYING TO "EXPRESS" RATHER THAN TO "IMPRESS"

SPORTS SESSION TEMPLATE FOR COACHES

1. Name of the Coach: _____

2. Theme of the Session: _____

3. Warm up/ Energizer: _____

4. Drill 1: _____

5. Resources Required:

Diagram

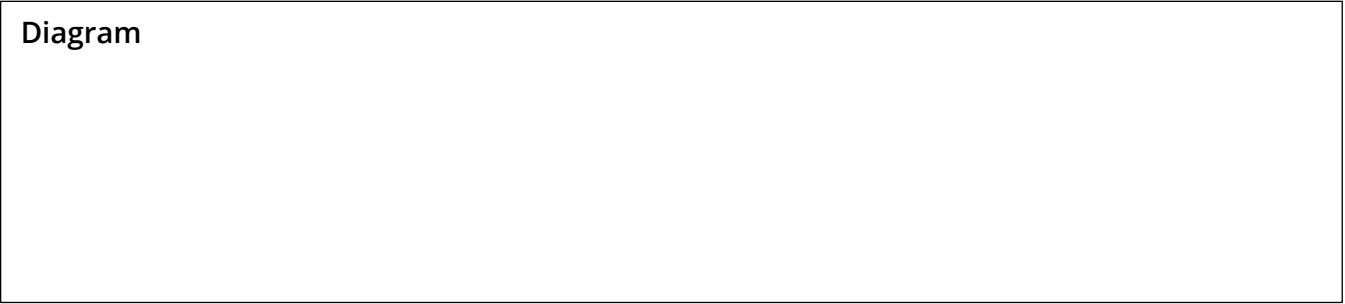
Time: _____

Strategies: _____

6. Drill 2: _____

7. Resources Required:

Diagram



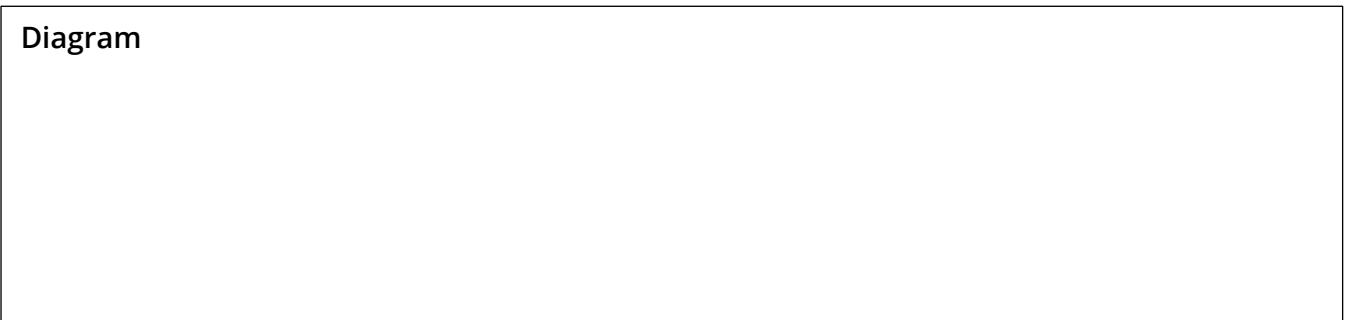
Time: _____

Strategies: _____

8. Final Game: _____

9. Resources Required:

Diagram



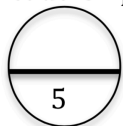
Time: _____

Strategies: _____

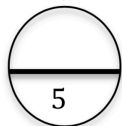
Standout Performances:

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-
-
-
-

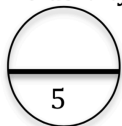
Leadership



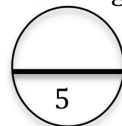
Fun



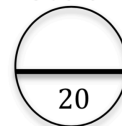
Inclusivity



Learning



Overall



Comments:

- Drill 1:
- Drill 2:
- Game:
- Coaching Style:
 - Coach 1:
 - Coach 2:
- Feedback on Players: