|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name: | Sport: | Date: | | Week of Season: | |
| Objective: |  | | | | |
| Equipment Needed: |  | | | | |
| # of Athletes Expected: |  | | Length of practice: | |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Section: | Time: | Diagram/Description of Exercise: | Coaching Points: |
| Warm Up |  |  |  |
| Technique Work |  |  |  |
| Competition Related Activity (Including Free-Play) |  |  |  |
| Cool-Down |  |  |  |

|  |  |
| --- | --- |
| Additional Notes: |  |

Fit5 Target:

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|  |

Self Reflection

|  |  |
| --- | --- |
| What went well? |  |
| What I would change for next time? |  |
| Notable Successes during the practice: |  |