|  |  |  |  |
| --- | --- | --- | --- |
| 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:

|  |
| --- |
|  |

Self Reflection

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