

**Attachment B**

**Daily Training Plan**

Training Session: # \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ Age: \_\_\_\_\_ Group Size: \_\_\_\_\_

Teacher/Coach: \_\_\_\_\_

**Objectives For Today**

**Knowledge:** \_\_\_\_\_

**Physical Components:** \_\_\_\_\_

**Technical Skills:** \_\_\_\_\_

**Mental/Psychological Skills:** \_\_\_\_\_

**Health & Wellness Skills:** \_\_\_\_\_

**Social Skills:** \_\_\_\_\_

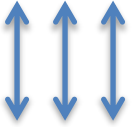


**Equipment Needed:**


**Checklist** (Cross-check as X after Training – If done)

- |              |                  |
|--------------|------------------|
| Warm Up ✓    | Skill Analysis ✓ |
| Drills ✓     | Progressions ✓   |
| Hints ✓      | Safety ✓         |
| Variations ✓ | Games ✓          |

**References:** \_\_\_\_\_

- Major Components ✓
- Cues ✓
- Common Error ✓
- Warm Down ✓

<i>Organization Draw Diagrams</i>	<i>Time Min.</i>	<i>Main Theme/Skills/Activity</i>	<i>Emphasis “Cues” Athletes</i>	<i>Emphasis “Cues” Coach</i>
<p>Rows up/down</p>   <p>Circle</p> 	20 Sec	<p><b>Introduce Objectives:</b></p> <p><b>Warm-up:</b> about 20% of Overall Time</p> <p><b>General:</b> Dynamic Moving Exercises (HR up):</p> <p>Dynamic Stationary Exercises:</p> <p><b>Warm-up Specific:</b> Transfers to Today's Skills</p>		

<i>Organization Draw Diagrams</i>	<i>Time Min.</i>	<i>Main Theme/Skills/Activity</i>	<i>Emphasis "Cues" Athletes</i>	<i>Emphasis "Cues" Coach</i>
		<p><b>Warm-up Specific:</b></p> <p><i>Main Theme: Purpose/Objectives</i></p>		

<i>Organization Draw Diagrams</i>	<i>Time Min.</i>	<i>Main Theme/Skills/Activity</i>	<i>Emphasis “Cues” Athletes</i>	<i>Emphasis “Cues” Coach</i>
		<i>Main Theme: Purpose/Objectives</i>		
		<b>Cool-Down:</b> about 10% of Overall Time		



Circle

