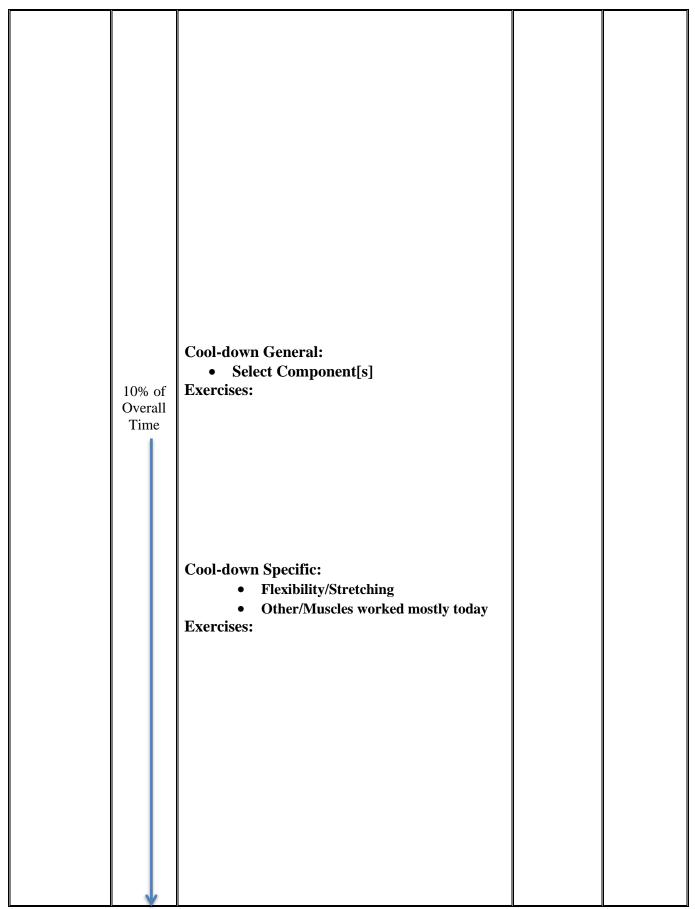
Daily Training Plan

Training Session: #	Date:	Time:	Group/Age:	Size:
Teacher/Coach:				
		Objectives For To	dan	
		Objectives For To	шиу	
Knowledge:				
Technical Skills:				
Mental/Psych Skills				
Mental Health:				
Social Skills:				
Equipment Needed:			Re	ferences:
Checklist (Cross-check as		the state of the s		
Warm Up √		l Analysis √	Major Comp	ponents $\sqrt{}$
Drills √		gressions √	Cues √	
Hints √		ety √	Common Er	
Variations √	Gar	nes √	Warm Down	ı √

Organization Diagrams	Time Min.	Main Theme/Skills/Activities	Emphasis "Cues" Athletes	Emphasis "Cues" Coach
	20 Sec Brief	Objectives of Today:		
Circle		Warm-up General: • Raise HR/Warm-up muscles Dynamic Moving Exercises:		
	20% of Overall Tin e			
		Dynamic Stationary Exercises:		

Organization Diagrams	Time Min.	Main Theme: Skills/Activities	Emphasis "Cues" Athletes	Emphasis "Cues" Coach
		Warm-up Specific: Related to Skill[s] today Exercises		
		Main Theme/Skills/Activities		



Notes: Evaluation of Athletes	
Notes: Evaluation of Coach[s]:	
Notes: Mental Health/Observation:	
Other Observation/Issues:	