

Training Plan Format

Training Session: # _ Date: _____ Time: _____

Group (Age): _____ #Group Size: _____

Coach[es]: _____

References used (Books/Videos, etc): _____

Objectives/Goals:

Knowledge: _____

Physical Components: _____

General Movement Competencies: _____

Sport-Specific Movement Competencies: _____

Training Session-Specific Movement Competencies: _____

Technical Skills: _____

Psychological Skills: _____

Emotional Skills: _____

Mental Health Skills: _____

Social Skills: _____

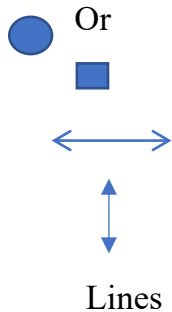
Equipment Needed: _____

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

Warm Up ✓
 Drills ✓
 Hints ✓
 Variations ✓

Skill Analysis ✓
 Progressions ✓
 Safety ✓
 Games ✓

Major Components ✓
 Cues ✓
 Common Error ✓
 Warm Down ✓

Organizational Diagrams	Time Min	Main Theme Skills/Technique/Activities	Cues Athletes	Cues Coach
<p>Circle/Square of Athletes</p> 	<p>2-4</p>	<p>Introduction: Purpose/Objectives/Goals</p> <p>Pre-training Phase: (Former Warmup)</p> <p>General Movement Competencies:</p> <p>Dynamic Moving Activities:</p> <p>Dynamic Stationary Activities</p>	<p>Check Correct</p> <p>“</p> <p>Check Correct</p> <p>Check Correct</p>	<p>Check Correct</p> <p>“</p> <p>Check Correct</p> <p>Check Corre</p>

		Sport Specific Movement Competencies:	Check Correct	Check Correct
		Session Specific Movement Competencies	Check Correct	Check Correct
		Main Theme: Skills/Drills/Technique/Activities		

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		<p>Post-training Phase (former Cool-down): Selected Movement Competencies/ Exercises/Relaxation/Mental Exercises</p>	<p>Check Correct</p>	<p>Check Correct</p>
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Evaluation:

Session—

Athletes—

Coach/Coaches–

Mental Wellness and Emotional State–

Focus and Concentration–

Social Interaction–

Other Observation–
