

# FHC PRACTICE PLANNING TOOL



TEAM:

DATE:

LOCATION:

LTAD STAGE:

TIME:

SAFETY NOTES:

PLAYER NOTES:

SESSION GOAL(S):

INTRODUCTORY MESSAGES:

## WARM-UP

ACTIVITY / DIAGRAM	TIME	EXPLANATION + COACHING POINTS	EQUIPMENT NEEDED
Physical Warm-up			
Skill Warm-up			

## SKILL DEVELOPMENT

ACTIVITIES	TIME	PURPOSE	EQUIPMENT NEEDED
Activity 1			
Progression or Activity 2			



## SKILLS IN CONTEXT / SMALL SIDED GAMES

ACTIVITIES	TIME	PURPOSE	EQUIPMENT NEEDED
Activity 1			
Progression or Activity 2			

## COOL -DOWN

ACTIVITIES	TIME	PURPOSE	EQUIPMENT NEEDED
Cool Down Activity 1			

CONCLUDING MESSAGES:

## SESSION REFLECTIONS

Were the Learning objectives of the session met?

Would you change anything?

What went well / areas of strength?

What was challenging?

What could I have done Better?