Training Session Plan Template

**TEAM: VENUE: DATE: TIME:**

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| **PROGRAM FOCUS AREAS** | **ACHIEVED THIS SESSION?** |
| **1.** |  |
| **2.** |  |
| **3.** |  |
| **4.** |  |

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| **TIME** | **ACTIVITY** | **ACTIVITY DESCRIPTION** | **TEACHING POINTS/FOCUS** | **COACH** | **EQUIPMENT** | **DURATION** |
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Training Session

Diagram