



## Training Session Plan:

Date / Time:

Duration:

Team:

Training Session Captain:

Attendance / Non Attendance:		Equipment Required:	
Introduction (Aims of session, Reminders – Shorts/Socks/Mouth Guard, Other notices – Game Time, Meeting Point, Oranges, etc...):		Have Fun!!!	
1. Warm-Up Activities:	2. Planned Activities - Drills & Games:	Skill Area	3. Cool Down Activities:

# MOUNTAIN CREEK JUNIOR AFC



<b>Coaching Notes:</b> (Tips/Questions/Challenges)	<b>Planned Activities - Drills &amp; Games (Continued):</b>		<b>Team Mgmt / Motivators:</b>

<b>Review / Evaluation:</b> (Key Points/Takeaways from session, what worked/ what didn't. Changes for next session)	
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Other Information / Comments: