



Session Planning Instrument

Name of Coach: _____ Date: _____

Session Topic: _____

Duration of Session: _____

Age: _____

Ability Level: _____

Other Factors: _____

Session Key Points :

1. _____

2. _____

3. _____

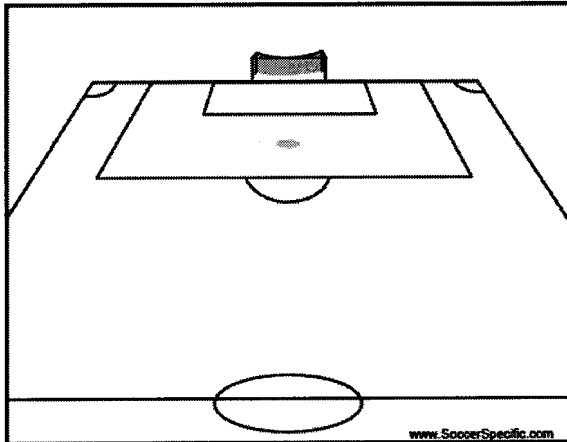
Equipment Requirements:

Organization:

Safety Factors to Observe:

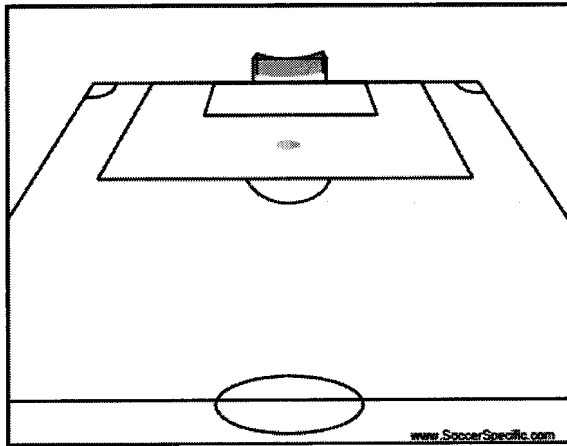


Session Notes



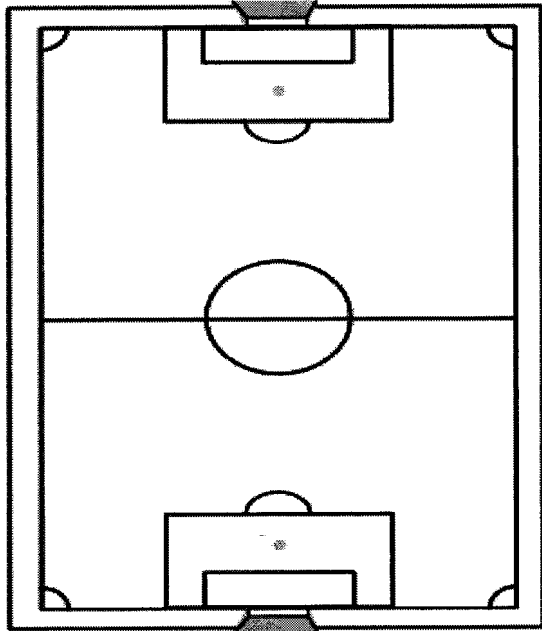
Organization:

Key Factors:



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Organization:

Key Factors: