

## Coaching Session Planner

Level of squad / group		Venue and date		Player: court ratio (eg 1:4)		
Initials of coaches supervising session		Safety check made: <input checked="" type="checkbox"/> or <input checked="" type="checkbox"/> add comments	Equipment		Specify any specialised equipment needed:	
			Personal attire			
			Reaister			
			Environment			
<b>Coaching Goal(s)</b>			<b>Recap</b>		<b>Time</b>	
			<ul style="list-style-type: none"> <li>To remind both coaches and players of the content of previous sessions</li> <li>To highlight how this session builds/progresses from previous session</li> </ul>			
<b>Session Goal(s) - be specific</b>			<b>Practise content</b>	<b>Notes: (be specific)</b>	<b>Time</b>	
Prepare to play / warm up  <ul style="list-style-type: none"> <li>To prepare players physically and psychologically for the forthcoming session</li> </ul>			Activity			
			Stretch			
			Stability			
			Speed			
			Shadow			
			Knock-up			
			Shadow			
			H/R Feed			
			CR			
			CR: EOD			
			PRO			
			CG/MP			
			Shadow			
			H/R Feed			
			CR			
			CR: EOD			
			PRO			
			CG/MP			
			Shadow			
			H/R Feed			
			CR			
			CR: EOD			
			PRO			
			CG/MP			
<b>Cool Down:</b> <ul style="list-style-type: none"> <li>To reduce pooling of fluids in extremities</li> <li>Support gradual return of bodily functions to resting levels</li> </ul>			Gradually reducing exercise			
			Static stretch			
<b>Session Reflections</b>						
Players' opinions on the quality of the session						
Reflections on the <b>player</b> performance						
Reflections on the <b>coaching</b> performance						

## Coaching Session Planner - Extra Notes for Coach(es)

Shadowing

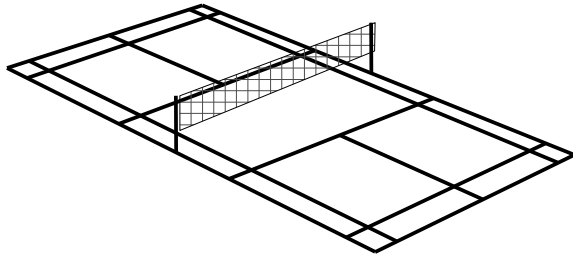
CR EOD = CR + elements of doubt

HR = Hand and / or Racket feeding

PRO = Play rally out

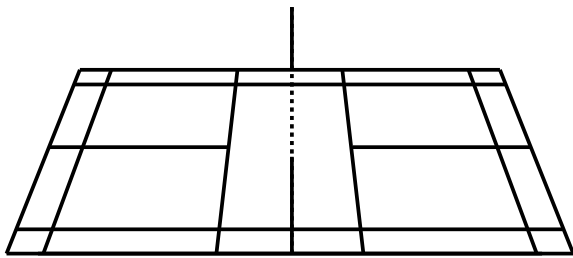
CR = Cooperative rallying

CG/MP = Conditional Game / Match play



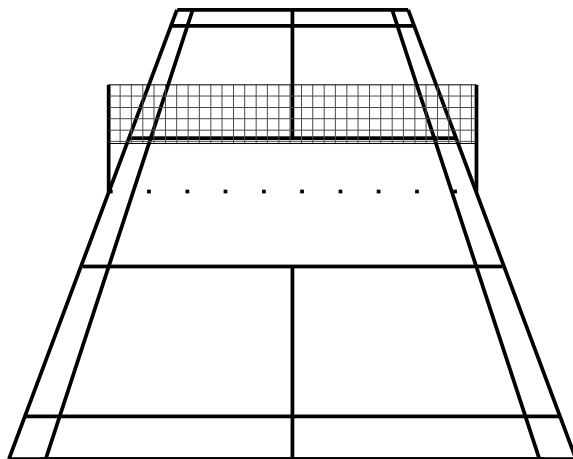
Routine Notes:

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Routine Notes:

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