

Insert Name of Programme/Team & Season

Head Coach:		Assistant Coaches:	
Sport:	Age Group:	Gender:	
Number of Athletes:		Special Considerations:	
Season Goals (Macrocycle)			
Technical Goals	Tactical Goals	Strength & Conditioning Goals	
Mental Goals	Personal & Social Goals	Lifecourse Goals	
Block Goals (Meso-Cycles)			
Block 1 - Insert Dates	Block 2 - Insert Dates	Block 3 - Insert Dates	
Block 4 - Insert Dates	Block 5 - Insert Dates	Block 6 - Insert Dates	

Insert Name of Team Session Planner			
Age Group: Expected numbers: Special Info:	Block No: Coach/es: Equipment Needed:	Session No: Date: Time: Venue:	
Overall Season Goals Reminder:	Block Objectives:	Session Objectives:	
	1	1	
	2	2	
	3	3	
	4	4	
Session Content	Activity Aims	Comments/Potential Action	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Coach Self-Reflection:		Participant Feedback:	

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Coach Self-Reflection:		Participant Feedback:	