



Session Topic	Players Should Be Able To:
•	1. 2. 3.
Warm – Up:	

Coaching Points: 1)
2)
3)

Variation: 1)
2)

Fundamental/Individual:

Coaching Points: 1)
2)
3)

Variation: 1)
2)

Game related/Group (Incrementally adding pressure):

Coaching Points: 1)
2)
3)

Variation: 1)
2)

Game Condition (Small-sided/Conditioned):

Coaching Points: 1) As above
2)

Variation: 1)
2)

Game (All conditions removed)

Session Evaluation: