

## **Training Session**

Team: \_\_\_\_\_



Objective: \_\_\_\_\_ Topic: \_\_\_\_\_ Organization **Key Coaching Points** Diagram Stage Stage I Technical Warm Up ( \_\_\_\_\_ mins) Stage II Small Sided Activity ( \_\_\_\_\_ mins) Stage III **Expanded Small** Sided Activity ( \_\_\_\_\_ mins) Stage IV Game Simulation ( \_\_\_\_\_ mins)