

**Session Plan**

<b>Date:</b>	<b>Type of training:</b>	<b>Equipment needed:</b>
<b>Equipment needed:</b>	<b>Skill Development/drills:</b>	<b>Modified Game:</b>
<b>Warm up/Games:</b>		<b>Cool down /Shooting practice:</b>
<b>Skill Warm up/Games:</b>		<b>Evaluation (What worked and what didn't):</b>
<b>Notes/Messages/reminders:</b>		