



# East Doncaster Netball Club – Training Session Plan Template

<b>Date:</b>	<b>TEAM MEMBERS ABSENT:</b>	<b>Equipment needed:</b>
<b>Venue:</b> Foote Street Netball Courts		
<b>Duration:</b> 1 Hour		

**Introduction** (aims for session, reminders, anyone away on holidays etc.):

<b>Warm-up activities:</b>	<b>Drills and games:</b>	<b>Cool-down activities:</b>
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**Coaching tips/questions/challenges:**

**Review/evaluation** (key points from session, what worked and what did not, modifications for next session, etc.) :

**Coach Sign off:** .....