

Practice Session Plan

Date:	Session Number:
Time:	Venue:
Objective Of the Session: <i>(What is the focus of the session)</i>	
Equipment: <i>(What equipment will you need for this session? Balls, cones, wickets, net)</i>	
Introduction: <i>(Recap last session or previous game; go over what the objective is for today's session)</i> Time:	
Warm Up: <i>(Get players read for the session ahead; does it get them ready to start aiming for the session objective)</i> Time:	
Activity 1: <i>(Objective focused)</i> Time:	
Activity 2: <i>(Objective focused)</i> Time:	
Activity 3: <i>(Objective focused)</i> Time:	
Conclusion: <i>(Link back to session objective; What's next, game/training)</i> Time:	
Evaluation: <i>(How did the session go? What went well? What could you do better next time?)</i>	