**Session Plan template**

Club: Coach:

Session (# of weeks): Start & end dates:

Class (day & time): Staff meeting dates:

Other information:

|  |  |  |
| --- | --- | --- |
| Program Component | **Week** | Comments… |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| ***Physical Abilities*** |  |
| * *Endurance*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Strength*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Power*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Flexibility*
 |  |  |  |  |  |  |  |  |  |  |  |
| ***Motor Abilities*** |  |
| * *Agility*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Balance*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Coordination*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Spatial Orientation*
 |  |  |  |  |  |  |  |  |  |  |  |
| ***FMPs (Special focus)*** |  |
| * *Landing*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Stationary Positions*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Locomotion*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Rotation*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Spring*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Swing*
 |  |  |  |  |  |  |  |  |  |  |  |
| * *Object manipulation*
 |  |  |  |  |  |  |  |  |  |  |  |
| ***Cognitive and Psycho-Social Skills*** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
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| ***Special Days (list)*** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
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