**Session Plan template**

Club: Coach:

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

Class (day & time): Staff meeting dates:

Other information:

|  |  |  |  |  |  |  |  |  |  |  |  |
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| 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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