**In****vasion Games**

Coach Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Date of training session |  | Training Plan Number | 1 |
| Team Name |  | Team Members |  |
| Duration | 40 minutes |
| What equipment do you need? | What is your team trying to achieve in this training session? |

|  |  |
| --- | --- |
| Time: | Activity / Drills: |
|  |  |

|  |
| --- |
| Session Reflection: |
| How did the team do today?1 = not good, 5 = very good

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |

 | What can be improved next session? |

**In****vasion Games**

Coach Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Date of training session |  | Training Plan Number | 2 |
| Team Name |  | Team Members |  |
| Duration | 40 minutes |
| What equipment do you need? | What is your team trying to achieve in this training session? |

|  |  |
| --- | --- |
| Time: | Activity / Drills: |
|  |  |

|  |
| --- |
| Session Reflection: |
| How did the team do today?1 = not good, 5 = very good

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |

 | What can be improved next session? |

**In****vasion Games**

Coach Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Date of training session |  | Training Plan Number | 3 |
| Team Name |  | Team Members |  |
| Duration | 40 minutes |
| What equipment do you need? | What is your team trying to achieve in this training session? |

|  |  |
| --- | --- |
| Time: | Activity / Drills: |
|  |  |

|  |
| --- |
| Session Reflection: |
| How did the team do today?1 = not good, 5 = very good

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |

 | What can be improved next session? |