# Mountain Creek Netball club Coaching resource – C4



**Training Session – Plan for team:**

**Date / Time: Venue: Duration: Training Session Captain:**

|  |  |
| --- | --- |
| **Attendance:** | **Equipment Required:** |
|  |  |
| **Introduction (Aims of session, Reminders, Other notices, etc…):** | |
|  | |

|  |  |  |
| --- | --- | --- |
| **Warm-Up Activities:** | **Drills & Games:** | **Cool Down Activities:** |
|  |  |  |
| **Coaching Notes: (Tips/Questions/Challenges)** | **Team Management / Energisers:** |
|  |  |
| **Review / Evaluation:** **(Key Points/Takeaways from session, what worked/ what didn’t changes for next session)** |  | |