# Mountain Creek Netball club Coaching resource – C4



**Training Session – Plan for team:**

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

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| **Attendance:** | **Equipment Required:** |
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| **Introduction (Aims of session, Reminders, Other notices, etc…):** |
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| **Warm-Up Activities:** | **Drills & Games:** | **Cool Down Activities:** |
|  |  |  |
| **Coaching Notes:(Tips/Questions/Challenges)** | **Team Management / Energisers:** |
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| **Review / Evaluation:****(Key Points/Takeaways from session, what worked/ what didn’t changes for next session)** |  |