

STREAMED TRAINING U13-U16

Session Plan 75mins Approx.

Session Theme

Date

	Description of activity	Diagram
Warm Up (10/15 mins) <ul style="list-style-type: none"> • Agility Balance Coordination • Physical Capacities – e.g. speed, strength 		
Game 1 (10/15 mins) <ul style="list-style-type: none"> • No Conditions • With Condition (revise a technique) 		
Skill Development (10/15 mins) <ul style="list-style-type: none"> • Basic activity (Drill / Game) • Progression • Advanced activity 		
Game 2 (5/10 mins) <ul style="list-style-type: none"> • Conditioned to reflect skill 		
Game 3 (10 mins) <ul style="list-style-type: none"> • Full game focusing on skill • No conditions 		
Cool Down (5 mins)		

Equipment Required

