

Session Plan

INSTRUCTION SHEET

This session plan template is designed to help you structure training sessions with a clear focus, flow, and purpose. It allows for efficient planning, reflection, and adaptability during each netball session - ensuring players stay engaged and progress towards team goals.

SESSION DETAILS

- **Date:** record the date of the session for tracking and review purposes.
- **Focus:** identify the main theme or objective of the session (e.g., “Centre Pass Structures”, “Defensive Pressure” or “Attacking Leads”). Keep it specific so that all drills and activities link back to this focus.
- **Absent:** note any players who are unavailable or injured to help adjust team rotations and drill groups.

WARM-UP

Use this section to outline your warm-up sequence - including dynamic movements, ball work, a bit of quick footwork, or activation exercises (Knee Program).

- Aerobic / Pulse-Raising Activity (jogging, skipping, side-shuffles)
- Dynamic Mobility / Stretching / Activation (leg swings, lunges)
- Prevention Program - Knee Program (two-leg jump and land, single-leg jump and land)

TIMING

write approximate times for each segment of the session (e.g., “Warm-up: 10mins, Drill 1: 15 mins”). This helps you keep the session balanced and ensures every area of focus receives adequate time.

DRILL 1 & 2

Detail the **drills or activities** you plan to run. For each drill, include:

- **Name** of drill.
- **Key coaching points** - what you want players to focus on.
- **Equipment** needed.
- **Rotation or Variation** options - how to progress or simplify the drill.
- **Purpose** - what specific skill or tactical element it targets.

Use this space as a quick reference on court - short notes are best!

GAME PLAY

Use this section for any match simulation, conditioned games, or team-based activities.

- Link directly to your session focus.
- Adjust player combinations to test different setups or strategies.
- Use this as an opportunity to evaluate how training drills transfer into game situations.

COOL DOWN

Outline a short cool-down routine focusing on recovery and reflection.

- Low-intensity aerobic activity (slight jog, skips, a walk)
- Static stretching (calves, quads, hamstrings, hip flexors)
- Recovery strategies / Nutritional habits (refuel with carbs and protein, drink water, foam roll)

COACHING TIPS

- Keep the session **player-centred** - ensure everyone understands the focus and intent.
- Use **progressive intensity** - build from simple to complex.
- Always finish on a **positive note** to maintain motivation.
- Review your plan afterward and note any **adjustments or come back points** for next time.

FOCUS:

DATE :

TIMING

WARM UP

ABSENT

DRILL 1

DRILL 2

GAME PLAY

COOL DOWN

