



PFSA SESSION / PRACTICE PLAN



PFSA TEAM:	
COACH:	
DATE & TIME:	
LOCATION:	
TOPIC:	
OBJECTIVES:	

ACTIVITY	DIAGRAM	PROGRESSION'S & COACHING POINTS
Warm-Up <i>Dynamic, involving the ball no static stretching...</i>		P1 P2 P3 CP1 CP2 CP3
Activity#1 <i>Teach the technical aspects of the theme allowing for lots of repetitions...</i>		P1 P2 P3 CP1 CP2 CP3
Activity#2 <i>Teach the theme in game related situations...</i>		P1 P2 P3 CP1 CP2 CP3
End Game <i>Small sided (3v3, 4v4, 6v6) OR Game Related (8v8, 11v11)...</i>		P1 P2 P3 CP1 CP2 CP3

Always complete a cool down with your team; bring body temperature down followed by static stretching...

Session self Evaluation: _____

