**SESSION PLANNER TEMPLATE**

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| **Date** |  |
| **Session Objectives** |  |
| **Coach(es)** |  |
| **Number of players** |  |
| **Number of courts** |  |
| **Warm Up** |  |
| **Session Introduction** |  |
| **Feeds** |  |
| **Routines** |  |
| **Conditioned Games** |  |
| **Match Play**  **(pressure situations)** |  |
| **Fitness** |  |
| **Summary & Evaluation** |  |
| ***How will you know that the players understand your instructions?***  ***Will both your higher and lesser ability players get something out of the session?***  ***Do you cater to the 4 different styles of learning?*** | |