

THE U-MSC TECHNICAL DIRECTOR



Coaching Practice Plan 1

Date: _____

Lesson Plan # _____

Topic: _____

Session Objective: _____

Coaching Points:

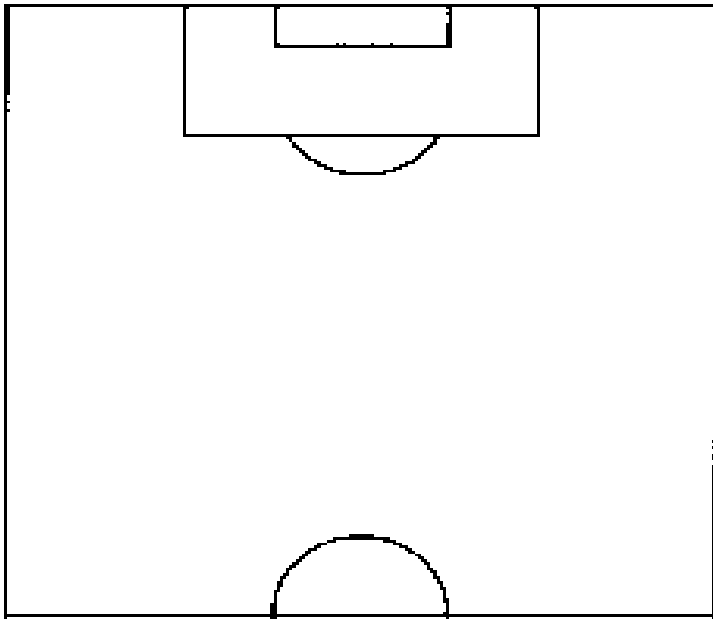
- 1. _____
- 2. _____
- 3. _____

- 4. _____
- 5. _____
- 6. _____

Equipment Needs

Organization

- 1. Warm-up
- 2. Technical
- 3. Functional (S.S.G.)



Coach's Self Evaluation: 1-Exceptional, 2-Good, 3-Average, 4-Poor, 5-Shocking

Did you accomplish topic: _____

Coach Performance: _____

Notes to Self:

Team Evaluation:

Effort: _____ Attitude: _____ Understanding of Topic: _____