



NYS SESSION PLANNER

OUTCOMES FROM SESSION:

COACH NAME: _____

LOCATION: _____

SESSION THEME: _____

DATE: _____

AGE OF PLAYERS: _____

LEVEL: _____

PLAYER MOVEMENT 

BALL MOVEMENT 

PLAYER MOVEMENT WITH BALL 

WARM UP:

ORGANIZATION:

PROGRESSION:

COACHING POINTS:

TIME: _____

ACTIVITY 1 (UNOPPOSED PRACTICE):

ORGANIZATION:

PROGRESSION:

COACHING POINTS:

TIME: _____

ACTIVITY 2 (OPPOSED PRACTICE):

ORGANIZATION:

PROGRESSION:

COACHING POINTS:

TIME: _____

PLAY:

ORGANIZATION:

PROGRESSION:

COACHING POINTS:

TIME: _____