|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Number | Date

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

 | Time

|  |  |
| --- | --- |
|  |  |

 | Duration | Baskets | Number of Players | Materials

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |

 |
|

|  |
| --- |
| **General Goals in the session** |
|  |

 |
|

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
| No. | Min |
|  | Left |

 | **Exercise** | **Goals** | **Coaches**  |
|

|  |  |
| --- | --- |
| **1** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **2** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **3** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **4** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **5** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **6** |  |
|  |  |

 |  |   |  |
|

|  |  |
| --- | --- |
| **7** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **8** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **9** |  |
|  |  |

 |  |  |  |
|

|  |  |
| --- | --- |
| **10** |  |
|  |  |

 |  |  |  |
| **Concluding reflections** |
|  |

 |
|

|  |  |
| --- | --- |
| Weekly goals | Next session |
| **Attack** | **Defence** | **Dynamics** |  |

 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Players |

