

Water Polo Training Session Planner

Session No. _____



Team: _____

Venue: _____

Date/ Time: _____

Session Aims:	
Admin Details/ Reminders:	
Dry Land Warm-up ____ Mins.	
Warm-Up ____ Mins.	
Swim Conditioning ____ Mins.	
Leg Conditioning ____ Mins.	
Passing ____ Mins.	
Outside Shooting ____ Mins.	
Inside/Drive/ CF Shooting ____ Mins.	
Tactical development ____ Mins.	
Scrimmage ____ Mins.	
Warm-down ____ Mins.	
Session debrief/ Evaluation	
Don't forget- talk to players, special equipment, other...	<p>Session Review Things to improve on:</p> <p>Changes for next Session:</p>