

WU**MO****BS****RS****GA**

Session Planner

Page	Warm Up	Movement	Ball Skill	Racket skill	Game
1	Square Dance	Mirror Mirror	Reaction Ball	Racket Ninja	The Build - ss
2	Throw & Go	Ball Chase	Multi-Ball Stop	Some Tekkers	Saviours - ss
3	Racket Revolution	Bombs Away	Serve Cones	Spin Master	Squicket
4	Front Wall/Back Wall	6 Point Star	Two Down	Racket Relay	Train Game
5	Pro Warm Up	Recover Ball	Space Invaders	Target Smash	Team Control
6					Round Robin
7					Upsie Downsie

TIME:

WU

Warm Up 1		
Warm Up 2		
Warm Up 3		

MO

Movement 1		
Movement 2		
Movement 3		

BS

Ball Skill 1		
Ball Skill 2		
Ball Skill 3		

RS

Warm Up 1		
Warm Up 2		
Warm Up 3		

GA

Warm Up 1		
Warm Up 2		
Warm Up 3		

TOTAL TIME OF SESSION:

Notes:

WU

What advice did you provide and why?

MO

What advice did you provide and why?

BS

What advice did you provide and why?

RS

What advice did you provide and why?

GA

What advice did you provide and why?