PGA OF CANADA MID-SEASON TRAINING SESSION PLANNING FORM

TEAM: DATE: TIME: from_____to_____

LOCATION:
EQUIPMENT NEEDED:
SKILL TRAINING OBJECTIVES:
DESCRIPTION OF GROUP:

TRAINING SESSION GOAL(S):

Engage and Warm-up *Key messages/safety points*

Explore Review learned skills; explore new skill *Key messages/safety points*

Describe and Demonstrate New Skill or Concept *Key messages/safety points*

Practice with Feedback *Key messages/safety points*

First Activity

Rationale

Second Activity

Rationale

Third Activity

Rationale

Review 1-3 Key Points *Key messages/safety points*

Cool Down and Celebrate *Key messages/safety points*