



Theme of Session:			
Week / Day:			
Section	Time	Drills / Skills	Coaching Points
(1)			
Warm -Up	0-15		
(2) Skill Building	15-45		
(3) Small Game	45-60		
(4) Scrimmage / Play	60-75		
(5) Cool Down	70-75		
(6) Skull Session	75-90		