

Coaching planner for



Chelmsford Hockey Club

Session Date/number:

Session objectives:

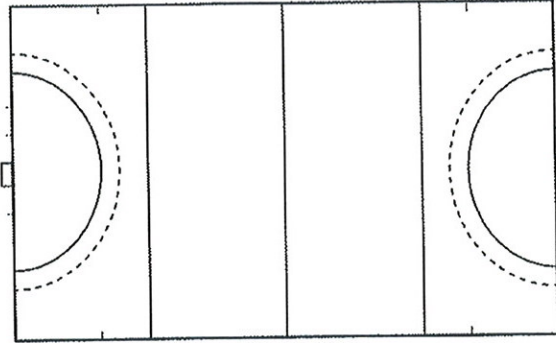
Squad numbers:

Goalkeepers:

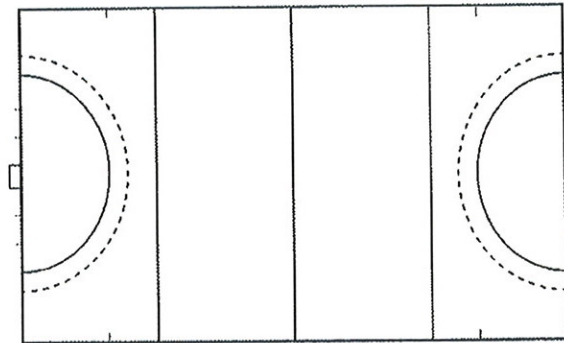
Defenders:

Midfielders:

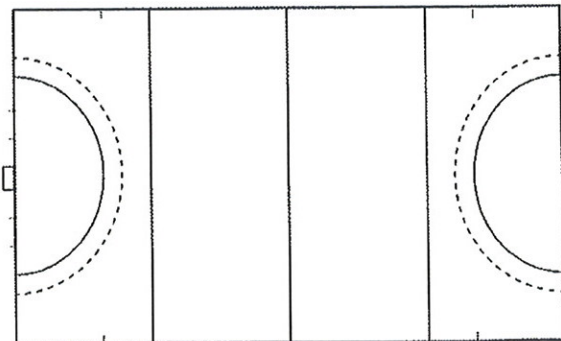
Forwards:



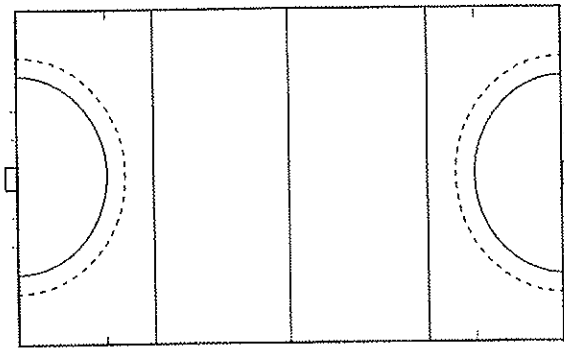
S&B warm up



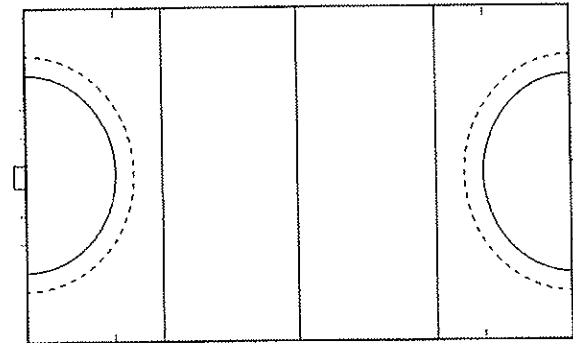
Drill descriptor



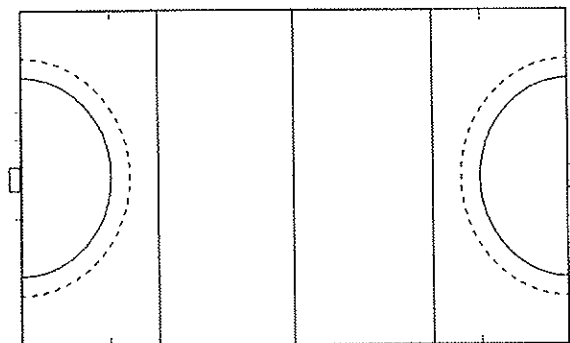
Drill descriptor



Drill Descriptor



Drill descriptor



Drill descriptor

Evaluation/Review