



Interactive Session Plan™



Season _____ Team/Age Group _____ Week _____

Click to insert session diagram

ACTIVITY 1

Duration:	<input type="text"/>	Intensity:	<input type="text"/>	Intervals:	<input type="text"/>	Activity Time:	<input type="text"/>	Recovery Time:	<input type="text"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

ACTIVITY VARIATIONS

Click to insert session diagram

ACTIVITY 2

Duration:	<input type="text"/>	Intensity:	<input type="text"/>	Intervals:	<input type="text"/>	Activity Time:	<input type="text"/>	Recovery Time:	<input type="text"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

ACTIVITY VARIATIONS

Click to insert session diagram

ACTIVITY 3

Duration:	<input type="text"/>	Intensity:	<input type="text"/>	Intervals:	<input type="text"/>	Activity Time:	<input type="text"/>	Recovery Time:	<input type="text"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

ACTIVITY VARIATIONS

Click to insert session diagram

ACTIVITY 4

Duration:	<input type="text"/>	Intensity:	<input type="text"/>	Intervals:	<input type="text"/>	Activity Time:	<input type="text"/>	Recovery Time:	<input type="text"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

ACTIVITY VARIATIONS