

Sample Activity Planning Sheet



Practice session date: _____

Participants/athletes: _____

Name of the activity: _____ Warm-up _____ Main part _____ Cool Down _____

Duration: _____ Objective(s): _____

Equipment needed: _____

Description (Athletic abilities to be trained; purpose; movements; types of effort; intensity; location; etc.):

Directions/guidelines to give the participants/athletes:

Success criteria:

Risk factors/safety guidelines to give to participants/athletes:

Notes/comments:
