NAME:			TEAM:				VSA	NIN N	
DATE		WEEK		D	AY		Way TO		
TRAINING	TOPIC:						- San Care		
OBJECTIVES									
			I: WARM-UP		INTENSITY:		ACTIVITY TIME		
			DURATION:		# OF REPS:		RECOVERY TIME		
			ORGANIZATIO	ORGANIZATION (Physical Environment / Equipment / Players)					
			COACHING POINTS / KEY CONCEPTS:						
			II: SMALL-SIDE	D	INTENSITY:		ACTIVITY TIME		
			DURATION:		# OF REPS:		RECOVERY TIME		
			ORGANIZATIO	N (Physical En	vironment / Equip	oment / Players	s)		
			COACHING POINTS / KEY CONCEPTS:						
			III: EXPANDED	SSG	INTENSITY:		ACTIVITY TIME		
			DURATION:		# OF REPS:		RECOVERY TIME		
				N (Physical En		oment / Plavers			
			ORGANIZATION (Physical Environment / Equipment / Players)						
			COACHING POINTS / KEY CONCEPTS:						
			IV: GAME		INTENSITY:		ACTIVITY TIME		
			DURATION:		# OF REPS:	\vdash	RECOVERY TIME	$\vdash \vdash \vdash$	
				N (Physical En	l vironment / Equip	oment / Players			
			COACHING POINTS / KEY CONCEPTS:						