



SEASON PLANNER

Level of team (youth, high school, college) _____

Season length in weeks: _____

Season Goals

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Rules needed to be taught and/or emphasized before *first* game:

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Team strategies to learn and execute in a game:

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Special situations to learn and execute in a game:

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Skills planning on covering:

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WEEKLY PLANNER

Week # _____

S	M	T	W	Th	F	Sa

G=Game

P=Practice

O=Off

Goals for the Week

1)

2)

3)

4)

Skills to introduce/review

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-
-
-

Team strategies to introduce/review

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-
-

Points to emphasize in scrimmages/games

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-
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Special Situations

-
-

Rules to review

-
-
-





Sportsmanship message:

Evaluation/Reflection:

Did we meet our goals this week?

Where can I improve my planning and coaching methods?

Am I working toward my season goals? In what areas does my team still need improvement?

