**Training preparation form**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name trainer:** | **Group:** | **Date:** | **Name clubcoordinator:** | **Number of players:****Age group:** |
|  |  |  |  |
| **Objective:** |
|  |  |  |  |
| **Target group / Startingsituation:***Motor skills:**Cognitive skills:**Social Affective skills:**
 |
| **Desired outcome:** |
|  |  |  |  |  |
| **Objective /** **Activity** | **Min** | **Key factors** | **Progression** | **Organisation / Layout / Material:** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |