

Name: _____

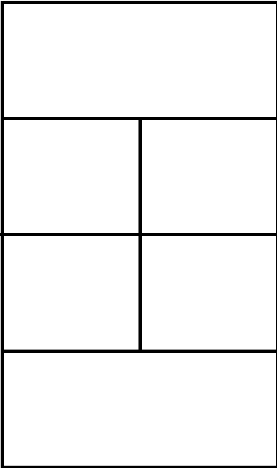
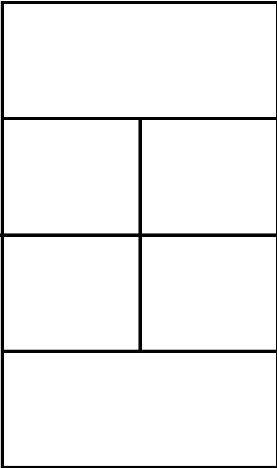
TSA INSTRUCTOR

Date: _____

Venue: _____

Session Planner

Please indicate:.....1st Try 2nd Try.....

	Game Situation	THEME:	
	<ul style="list-style-type: none"> * Serving * Returning * Baseline to Baseline * Approaching the Net * Passing the Net Player 	INTRO	
	Mental	OPEN	
	<ul style="list-style-type: none"> * Motivation * Concentration * Emotional Control * Control of Thoughts/Confidence 	BASKET 1	
	Physical	BASKET 2	
	<ul style="list-style-type: none"> * Endurance * Strength * Speed * Flexibility * Co-ordination * Power * Agility * Dexterty 	RALLY 1	
	TACTIC	RALLY 2 OPTIONAL	
		OPEN	
		WRAP	