**HNC Sports Coaching and Development Interview Session Plan**

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| **NAME** |  | **DATE** |  | **SPORT** |  |
|  | **DESCRIPTION of ACTIVITY** | **DIAGRAM of ACTIVITY** | **TIME** | **KEY POINTS**  | **EQUIPMENT** |
| **WARM UP** |  |  |  |  |  |
| **DRILL/PRACTICE 1** |  |  |  |  |  |
| **DRILL/PRACTICE 2** |  |  |  |  |  |
| **CONDITIONED GAME/ACTIVITY** |  |  |  |  |  |
| **COOL DOWN** |  |  |  |  |  |