Training Plan Template

# General Information

**Theme:** {{theme}}

**Trainer:** {{name}}

**Number of Players:** {{playNumber}}

**Total Duration:** {{time}}

**Requirements:** {{requirements}}

**Team:** {{team}}

**Tools needed:** {{tools}}

# Training Sections

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Time Slot** | **Goal** | **Organisation** | **Explanation** | **Tools** |