

TAC SPORTS SKILL PLANNER

1 YEAR PLAN (12 MONTHS)

GOAL 1:

GOAL 2:

MONTH 1 GOAL 3:

PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

Hours per week x 4 weeks:

