



**Phillips
Coaching**
Developing positive
pathways

NAME:

#1

			WEEK 1					WEEK 2					WEEK 3					
			ENTER DATE:					ENTER DATE:					ENTER DATE:					
Day 1 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	L&R Stationary Kicks		L&R=1															
2	Lying Figure 8 Weave		L&R=1															
3	Courage Marks		Ea Mark=1															
			TOTALS:															
			ENTER DATE:					ENTER DATE:					ENTER DATE:					
Day 2 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	Dominant Handball On Wall		Ea Catch=1															
2	Front & Square Kick & Collect		Ea Clean Pickup=1															
3	1 Ball Low Throws		Ea Catch=1															
			TOTALS:															
			ENTER DATE:					ENTER DATE:					ENTER DATE:					
Day 3 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	Zig Zag Bounces		Ea Bounce=1															
2	Alt Wall Roll & Pick Up		L&R=1															
3	Hot Dot Kicks		Ea Hit Target=1															
			TOTALS:															

SUBSTITUTE EXERCISES AS NEEDED, HOWEVER ALWAYS USE THE SAME TIMING AND SCORESHEET TO FILL-IN SCORES