



# SOUNDERS FC

## SESSION PLANNER

GAME PHASE 6  
PRINCIPLE:

TEAM:

COACH:

DATE:

### TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

PHYSICAL:

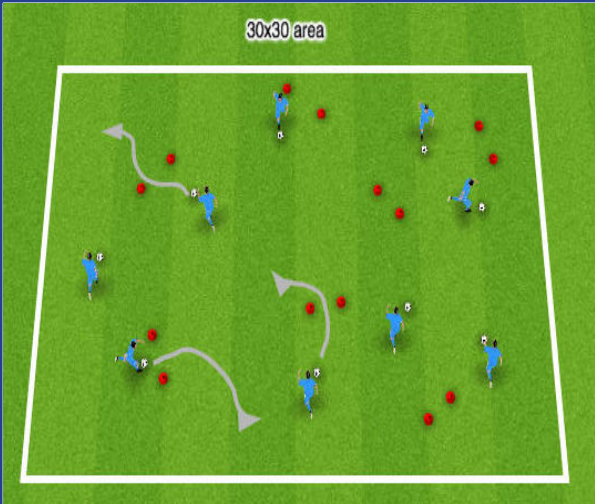
#### EXERCISE 1:

WORK TO REST RATIO:

DIMENSIONS:

#### DIAGRAM

30x30 area



#### KEY QUESTIONS

#### INSTRUCTIONS/RULES

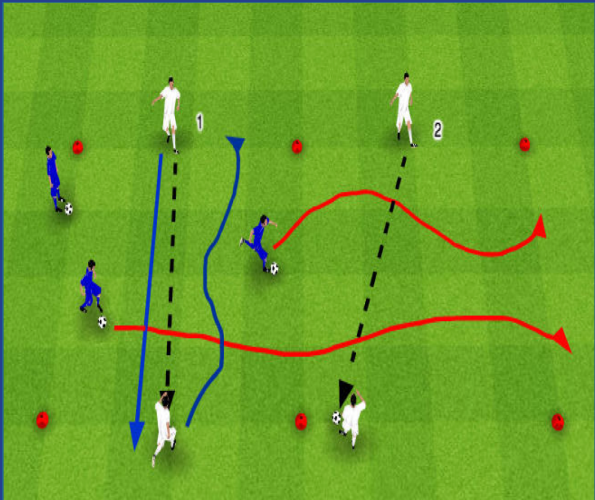
#### COACHING POINTS

#### EXERCISE 2:

WORK TO REST RATIO:

DIMENSIONS:

#### DIAGRAM



#### KEY QUESTIONS

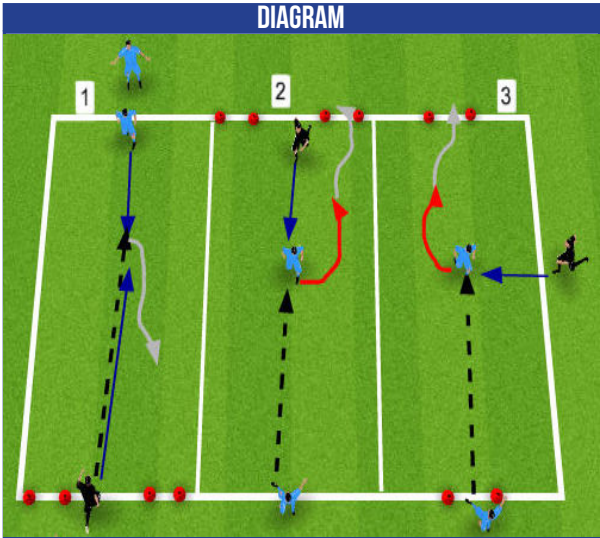
#### INSTRUCTIONS/RULES

#### COACHING POINTS

EXERCISE 3:

WORK TO REST RATIO:

DIMENSIONS:



KEY QUESTIONS

INSTRUCTIONS/RULES

COACHING POINTS

EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:



KEY QUESTIONS

INSTRUCTIONS/RULES

COACHING POINTS

ADDITIONAL NOTES