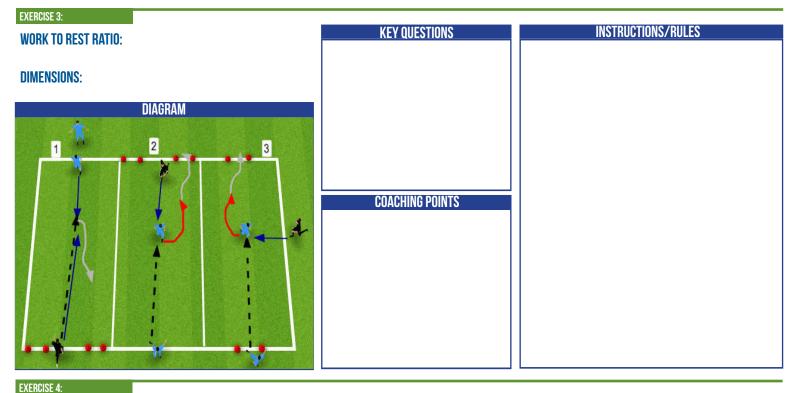


GAME PHASE & Principle:	TEAM:	COACH:	DATE:
TECHNICAL: TACTICAL:	TRAINING OBJECTIVES: Mental:		PHYSICAL:
EXERCISE 1: WORK TO REST RATIO:	KEY QUESTIONS		INSTRUCTIONS/RULES
	COACHING POINTS		
EXERCISE 2: WORK TO REST RATIO:	KEY QUESTIONS		INSTRUCTIONS/RULES
<section-header></section-header>	COACHING POINTS		

DESIGNER : MICHAEL MORRIS. PROPERTY OF SOUNDERS FC. ANY AND ALL REPURPOSING OF THIS FORM MUST COME WITH WRITTEN CONSENT OF THE PRODUCER.

SESSION BY DANIEL LOCK AND BRAYTON KNAPP, PROPERTY OF SOUNDERS FC



WORK TO REST RATIO:	KEY QUESTIONS	INSTRUCTIONS/RULES
DIMENSIONS:		
DIAGRAM		
1 pt 3 pts 1 pt		
	COACHING POINTS	

ADDITIONAL NOTES