



# SOUNDERS FC

## SESSION PLANNER



GAME PHASE & PRINCIPLE:

TEAM:

COACH:

DATE:

TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

PHYSICAL:

EXERCISE 1:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM

KEY QUESTIONS

COACHING POINTS

INSTRUCTIONS/RULES

EXERCISE 2:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM

KEY QUESTIONS

COACHING POINTS

INSTRUCTIONS/RULES

EXERCISE 3:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM

KEY QUESTIONS

COACHING POINTS

INSTRUCTIONS/RULES

EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM

KEY QUESTIONS

COACHING POINTS

INSTRUCTIONS/RULES

ADDITIONAL NOTES