SOUNDERS PC	SOUNDERS FC
	SESSION PLANNER



GAME PHASE & Principle:		TEAM:	COACH:	DATE:				
	TRAINING OBJECTIVES:							
TECHNICAL:	TACTICAL:	MENTAL:		PHYSICAL:				
EXERCISE 1:		KEY QUESTION	2	INSTRUCTIONS/RULES				
WORK TO REST RATIO: Dimensions:	DIAGRAM	COACHING POIN						
EXERCISE 2: WORK TO REST RATIO:		KEY QUESTION	S	INSTRUCTIONS/RULES				
DIMENSIONS:	IAGRAM	COACHING POIN	TS					

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

EXERCISE 3: WORK TO REST RATIO:	KEY QUESTIONS	INSTRUCTIONS/RULES
DIMENSIONS: Diagram		
	COACHING POINTS	
EXERCISE 4:		

WORK TO REST RATIO:	KEY QUESTIONS	INSTRUCTIONS/RULES
DIMENSIONS:		
DIAGRAM		
	COACHING POINTS	

ADDITIONAL NOTES