



# 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

#### 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:

DIAGRAM

KEY QUESTIONS

COACHING POINTS

INSTRUCTIONS/RULES

EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM

KEY QUESTIONS

COACHING POINTS

INSTRUCTIONS/RULES

ADDITIONAL NOTES