



# 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**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**EXERCISE 4:**

**WORK TO REST RATIO:**

**DIMENSIONS:**

**DIAGRAM**

**KEY QUESTIONS**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**ADDITIONAL NOTES**