



SOUNDERS FC - SEATTLE UNITED

SESSION PLANNER



GAME PHASE &
PRINCIPLE:

TEAM:

COACH:

DATE:

TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

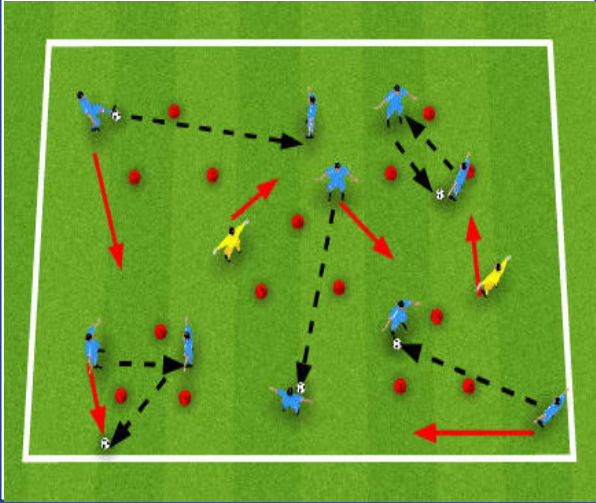
PHYSICAL:

EXERCISE 1:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM



KEY QUESTIONS

INSTRUCTIONS/RULES

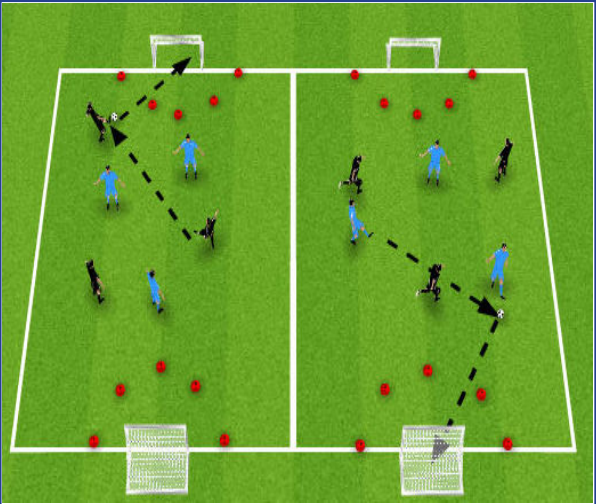
COACHING POINTS

EXERCISE 2:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM



KEY QUESTIONS

INSTRUCTIONS/RULES

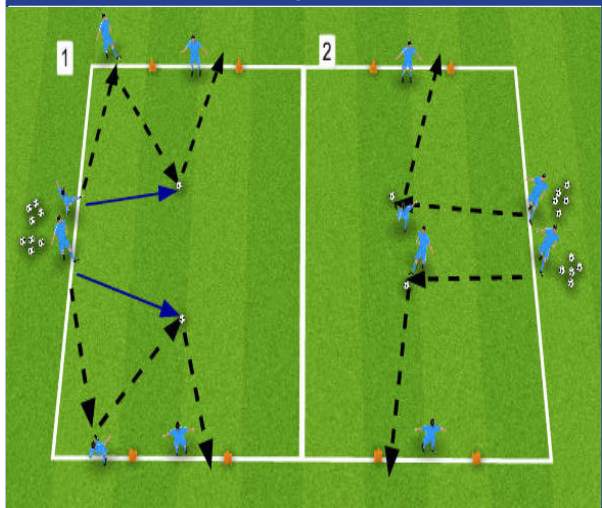
COACHING POINTS

EXERCISE 3:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM



KEY QUESTIONS

Blank area for key questions.

INSTRUCTIONS/RULES

Blank area for instructions/rules.

COACHING POINTS

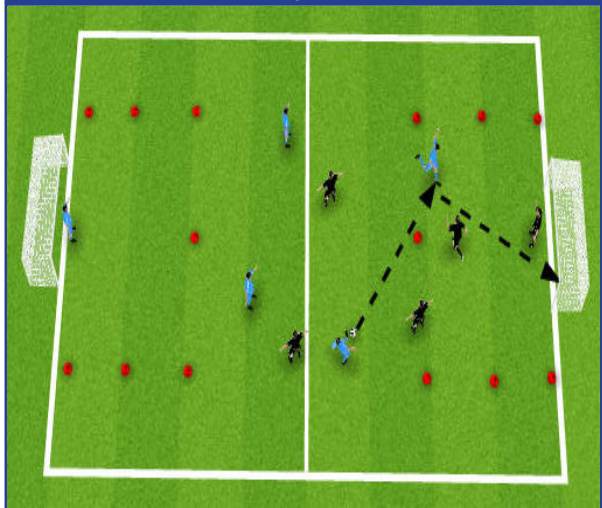
Blank area for coaching points.

EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM



KEY QUESTIONS

Blank area for key questions.

INSTRUCTIONS/RULES

Blank area for instructions/rules.

COACHING POINTS

Blank area for coaching points.

ADDITIONAL NOTES

Blank area for additional notes.