



# SOUNDERS FC - SEATTLE UNITED

## SESSION PLANNER



GAME PHASE &  
PRINCIPLE:

TEAM:

COACH:

DATE:

### TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

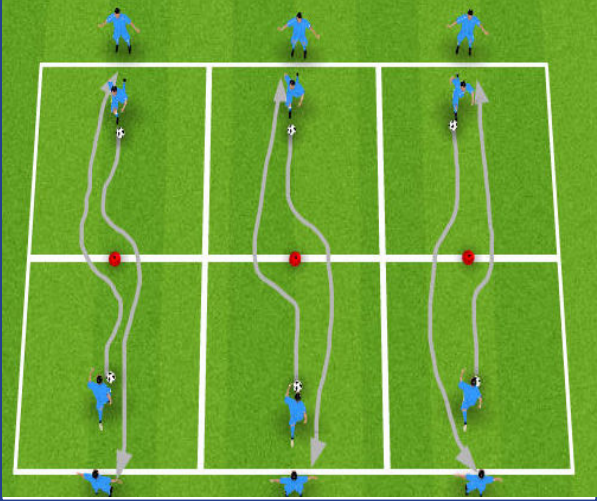
PHYSICAL:

#### EXERCISE 1:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM



#### KEY QUESTIONS

Blank area for key questions.

#### INSTRUCTIONS/RULES

Blank area for instructions/rules.

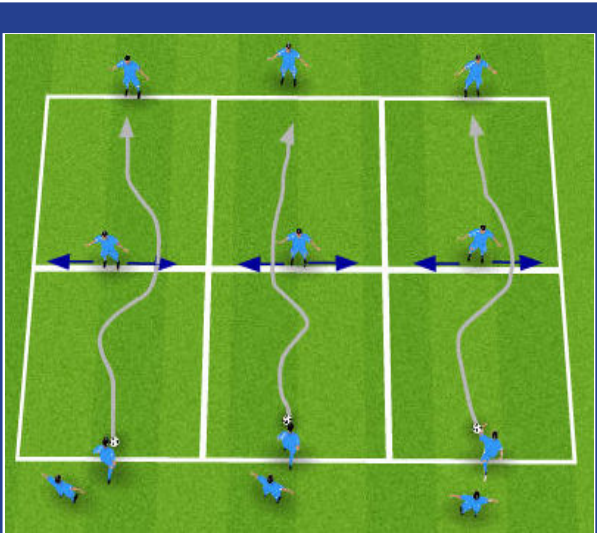
#### COACHING POINTS

Blank area for coaching points.

#### EXERCISE 2:

WORK TO REST RATIO:

DIMENSIONS:



#### KEY QUESTIONS

Blank area for key questions.

#### INSTRUCTIONS/RULES

Blank area for instructions/rules.

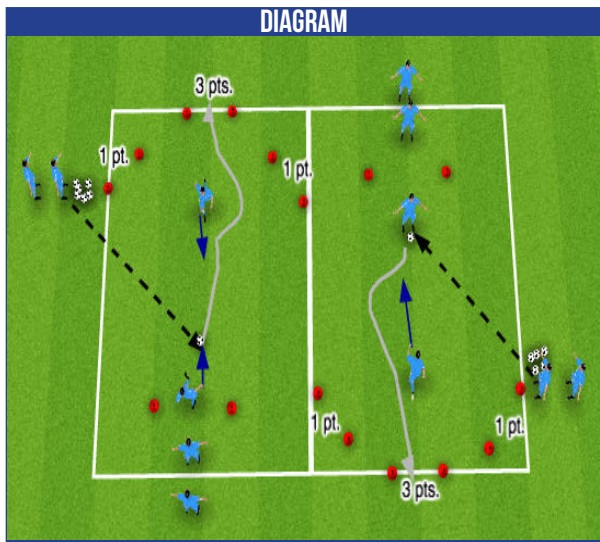
#### COACHING POINTS

Blank area for coaching points.

**EXERCISE 3:**

**WORK TO REST RATIO:**

**DIMENSIONS:**



**KEY QUESTIONS**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**EXERCISE 4:**

**WORK TO REST RATIO:**

**DIMENSIONS:**



**KEY QUESTIONS**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**ADDITIONAL NOTES**