



SOUNDERS FC - SEATTLE UNITED

SESSION PLANNER



GAME PHASE &
PRINCIPLE:

TEAM:

COACH:

DATE:

TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

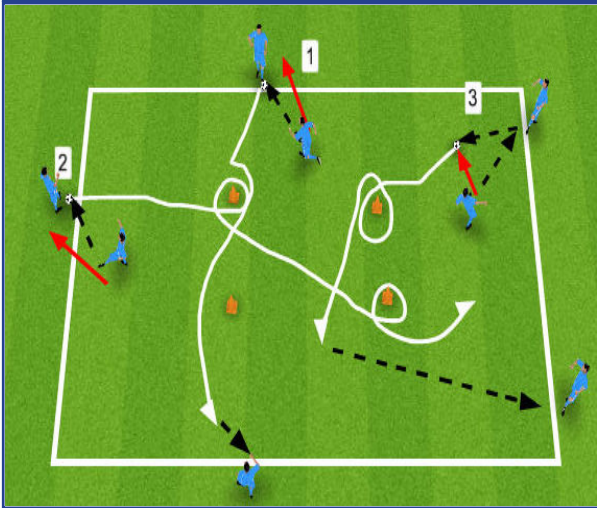
PHYSICAL:

EXERCISE 1:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM



KEY QUESTIONS

INSTRUCTIONS/RULES

COACHING POINTS

EXERCISE 2:

WORK TO REST RATIO:

DIMENSIONS:

DIAGRAM



KEY QUESTIONS

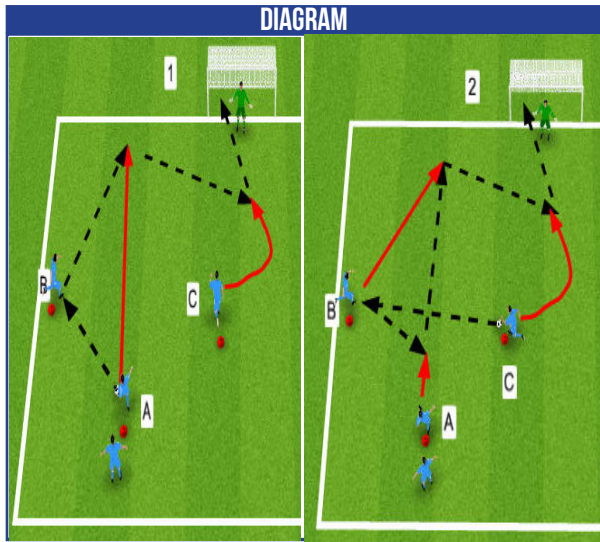
INSTRUCTIONS/RULES

COACHING POINTS

EXERCISE 3:

WORK TO REST RATIO:

DIMENSIONS:



KEY QUESTIONS

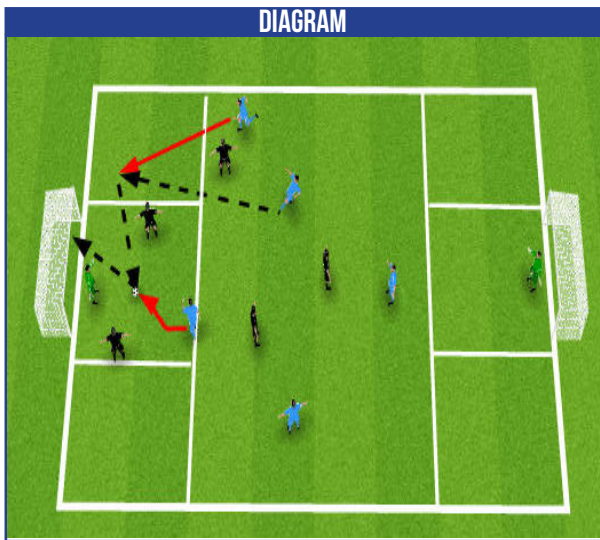
INSTRUCTIONS/RULES

COACHING POINTS

EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:



KEY QUESTIONS

INSTRUCTIONS/RULES

COACHING POINTS

ADDITIONAL NOTES