



# U8-U9 Curriculum

## Session Planner

<b>PRINCIPLE:</b>	<b>TEAM:</b>	<b>COACH:</b>	<b>DATE:</b>
<b>TRAINING OBJECTIVES:</b>			
<b>TECHNICAL:</b>	<b>TACTICAL:</b>	<b>MENTAL:</b>	<b>PHYSICAL:</b>

### EXERCISE 1:

**WORK TO REST RATIO:**

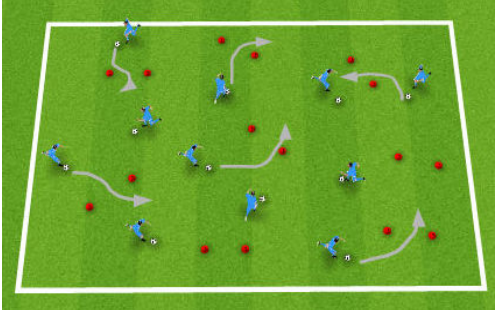
**DIMENSIONS:**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**KEY QUESTIONS**

**DIAGRAM**



### EXERCISE 2:

**WORK TO REST RATIO:**

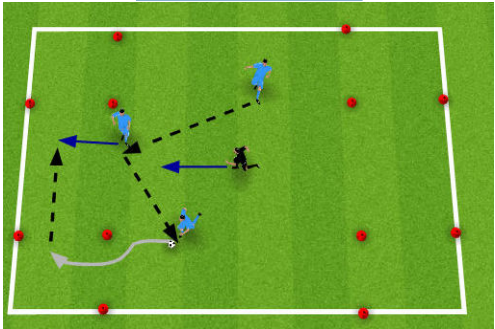
**DIMENSIONS:**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**KEY QUESTIONS**

**DIAGRAM**



### EXERCISE 3:

**WORK TO REST RATIO:**

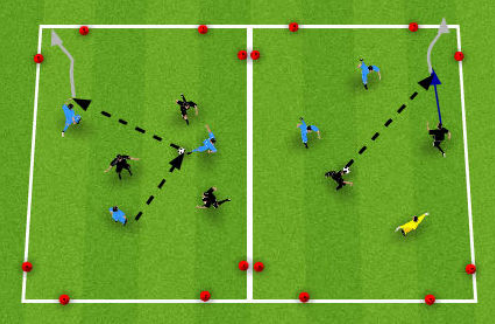
**DIMENSIONS:**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**KEY QUESTIONS**

**DIAGRAM**



### EXERCISE 4:

**WORK TO REST RATIO:**

**DIMENSIONS:**

**INSTRUCTIONS/RULES**

**COACHING POINTS**

**KEY QUESTIONS**

**DIAGRAM**

