



U8-U9 Curriculum

Session Planner

PRINCIPLE:	TEAM:	COACH:	DATE:
TRAINING OBJECTIVES:			
TECHNICAL:	TACTICAL:	MENTAL:	PHYSICAL:

EXERCISE 1:

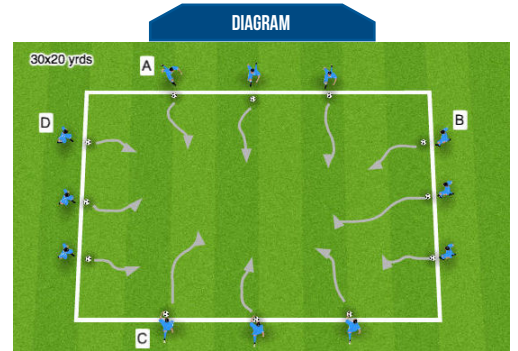
WORK TO REST RATIO:

DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS



EXERCISE 2:

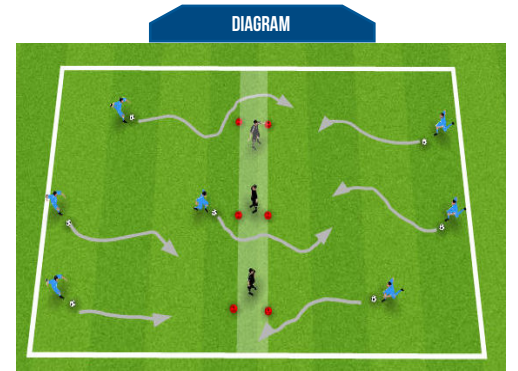
WORK TO REST RATIO:

DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS



EXERCISE 3:

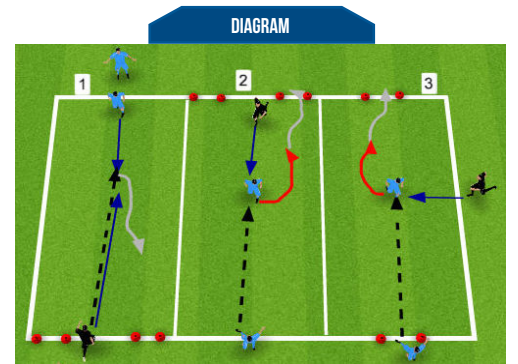
WORK TO REST RATIO:

DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS



EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

