



U8-U9 Curriculum

Session Planner

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

EXERCISE 1:

WORK TO REST RATIO:

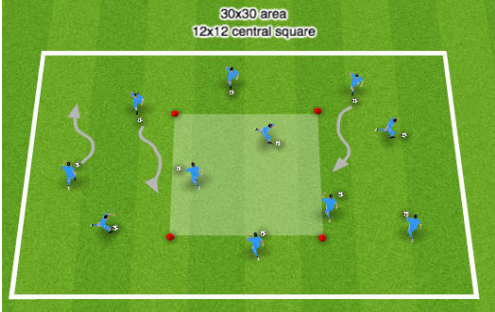
DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM



EXERCISE 2:

WORK TO REST RATIO:

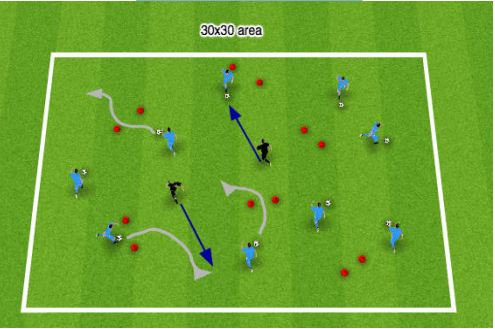
DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM



EXERCISE 3:

WORK TO REST RATIO:

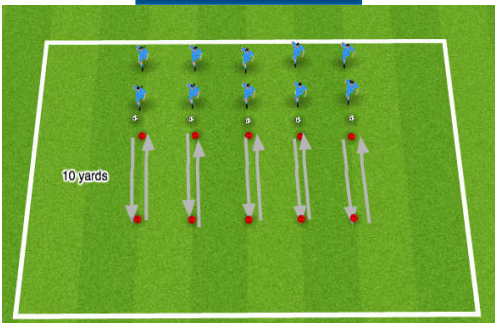
DIMENSIONS:

INSTRUCTIONS/RULES

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KEY QUESTIONS

DIAGRAM



EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

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DIAGRAM

