



SEATTLE UNITED

SESSION PLANNER



PRINCIPLE:

TEAM:

COACH:

DATE:

TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

PHYSICAL:

EXERCISE 1:

WORK TO REST RATIO:

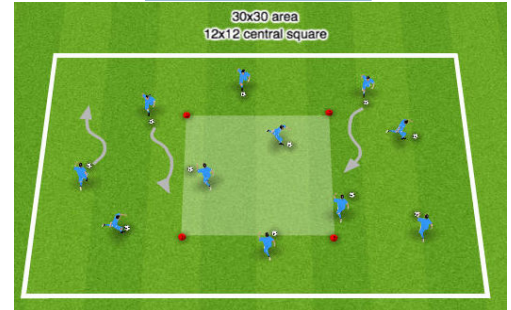
DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM



EXERCISE 2:

WORK TO REST RATIO:

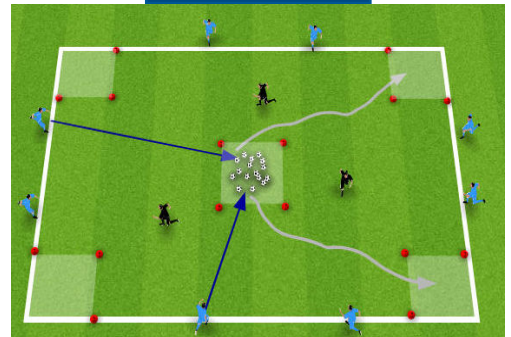
DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM



EXERCISE 3:

WORK TO REST RATIO:

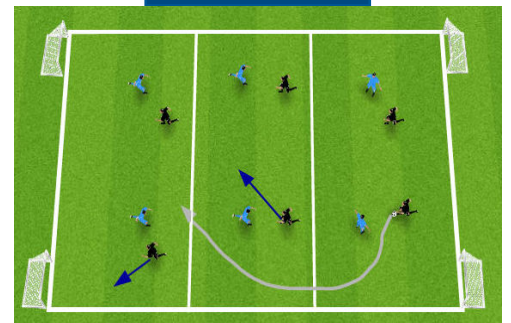
DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM



EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM

