



# SOUNDERS FC - SEATTLE UNITED

## SESSION PLANNER



GAME PHASE &  
PRINCIPLE:

TEAM:

COACH:

DATE:

### TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

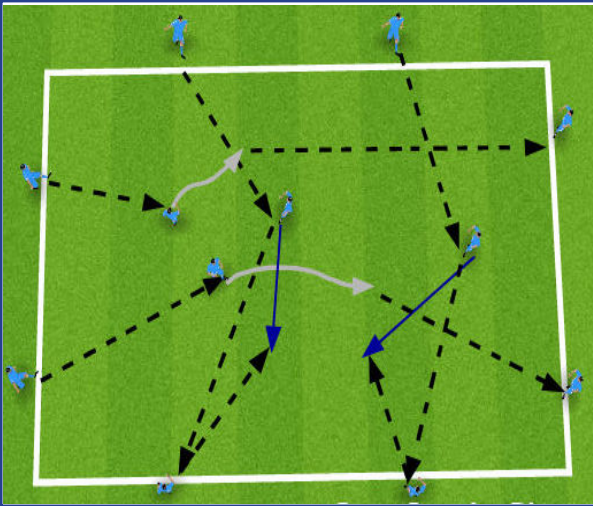
PHYSICAL:

#### 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

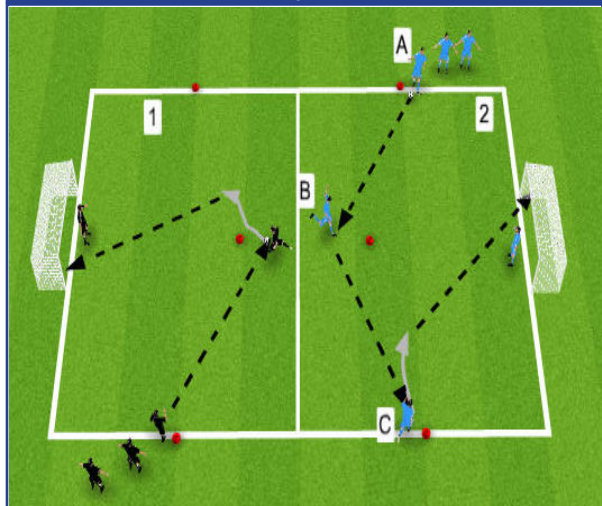
#### COACHING POINTS

**EXERCISE 3:**

**WORK TO REST RATIO:**

**DIMENSIONS:**

**DIAGRAM**



**KEY QUESTIONS**

Blank space for key questions.

**INSTRUCTIONS/RULES**

Blank space for instructions/rules.

**COACHING POINTS**

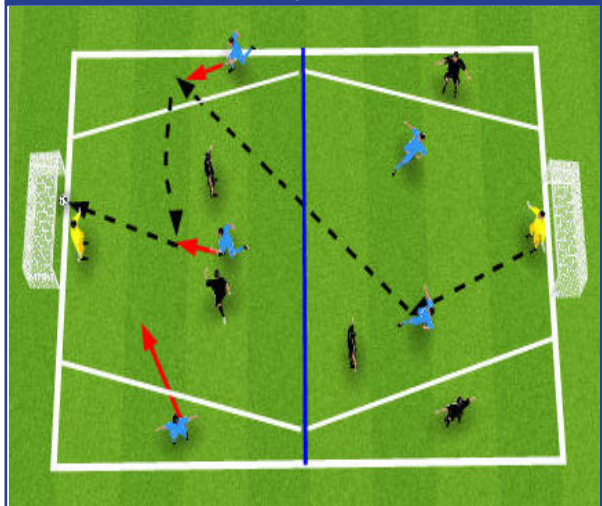
Blank space for coaching points.

**EXERCISE 4:**

**WORK TO REST RATIO:**

**DIMENSIONS:**

**DIAGRAM**



**KEY QUESTIONS**

Blank space for key questions.

**INSTRUCTIONS/RULES**

Blank space for instructions/rules.

**COACHING POINTS**

Blank space for coaching points.

**ADDITIONAL NOTES**

Blank space for additional notes.