U8-U9 Curriculum

PRINCIPLE:		TEAM:	COACH:	DATE:
TRAINING OBJECTIVES:				
TECHNICAL:	TACTICAL:	MENTAL:		PHYSICAL:
EXERCISE 1:			_	
WORK TO REST RATIO:		COACHING POINTS		DIAGRAM
DIMENSIONS:		KEY QUESTIONS	C	
EXERCISE 2:		COACHING POINTS		DIAGRAM
WORK TO REST RATIO:				ţ.
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DIMENSIONS: Instructions/rules		KEY QUESTIONS		
EXERCISE 3:		COACHING POINTS		DIAGRAM
WORK TO REST RATIO:			•	
DIMENSIONS:				
INSTRUCTIONS/RULES		KEY QUESTIONS		
EXERCISE 4:		COACHING POINTS		DIAGRAM
WORK TO REST RATIO:				
DIMENSIONS:		KEY QUESTIONS		

DESIGNER : MICHAEL MORRIS. PROPERTY OF SOUNDERS FC. ANY AND ALL REPURPOSING OF THIS FORM MUST COME WITH WRITTEN CONSENT OF THE PRODUCER. SESSION BY DANIEL LOCK, PROPERTY OF SOUNDERS FC