



# SEATTLE UNITED

## Session Planner



PRINCIPLE:

TEAM:

COACH:

DATE:

### TRAINING OBJECTIVES:

TECHNICAL:

TACTICAL:

MENTAL:

PHYSICAL:

#### EXERCISE 1:

WORK TO REST RATIO:

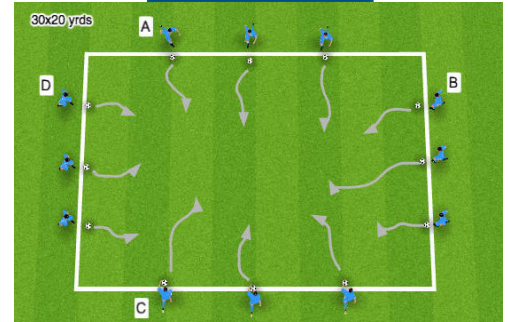
DIMENSIONS:

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:

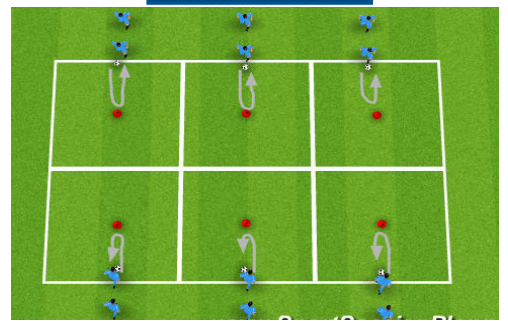
DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM



#### EXERCISE 4:

WORK TO REST RATIO:

DIMENSIONS:

INSTRUCTIONS/RULES

COACHING POINTS

KEY QUESTIONS

DIAGRAM

