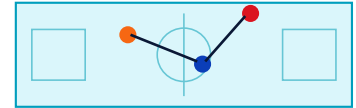


Soccer Training Session Plan

Practice agenda, drill timing, player groups, equipment, and coach review

TRAINING PLAN



Session Details

coach copy

Date	Team / age group	Coach	Venue / field
Duration	Main focus	Equipment	

Practice Flow

time blocks and coaching points

Plan each block before training starts. Keep activity names short and coaching points specific.

WARM-UP min _____

Activity _____

Coaching point _____

TECHNICAL min _____

Activity _____

Coaching point _____

TACTICAL min _____

Activity _____

Coaching point _____

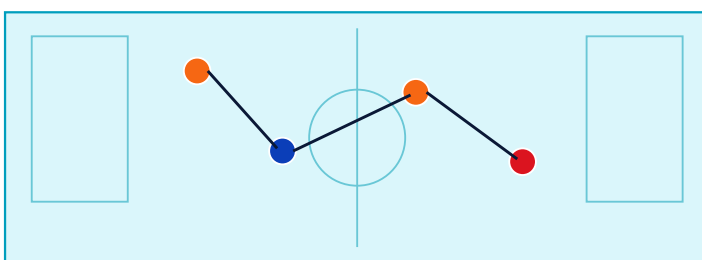
SMALL-SIDED GAME min _____

Activity _____

Coaching point _____

Pitch Setup & Attendance

groups, setup, and roster



Formation / shape

Space size

Player	P	L
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>

Coach Review

after session notes

Session goals

Coach notes

- High intensity
- Follow-up needed
- Home practice
- Session complete

Next session focus _____