



# EDUCATE. CONNECT. INSPIRE



COACH:		AGE GROUP:
DATE:	TIME:	SESSION NUMBER:

## TRAINING OBJECTIVES

	<b>PHASE I: WARM-UP</b>			
	DURATION:	INTENSITY:	INTERVALS:	WORK:REST
	ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)			
	COACHING POINTS/ KEY CONCEPTS			
	<b>PHASE II: SMALL-SIDED ACTIVITY</b>			
	DURATION:	INTENSITY:	INTERVALS:	WORK:REST
	ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)			
	COACHING POINTS/ KEY CONCEPTS			
	<b>PHASE III: EXPANDED ACTIVITY</b>			
	DURATION:	INTENSITY:	INTERVALS:	WORK:REST
	ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)			
	COACHING POINTS/ KEY CONCEPTS			
	<b>PHASE IV: GAME</b>			
	DURATION:	INTENSITY:	INTERVALS:	WORK:REST
	ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)			
	COACHING POINTS/ KEY CONCEPTS			