

Topic: _____ Region: _____



Age: _____

Date: _____

everyone plays

balanced teams

open registration

good sportsmanship

positive coaching

player development

STAGE 1

TECHNICAL
WARM-UP

Topic-related

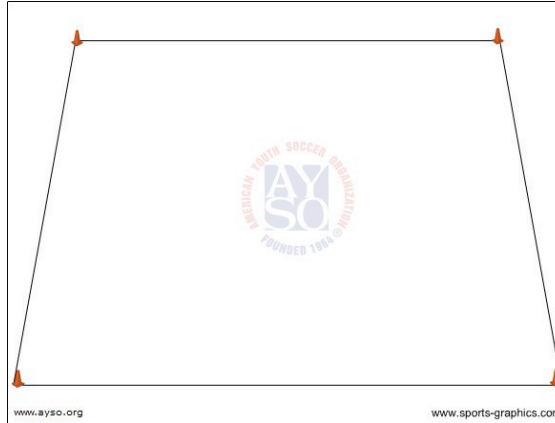
Max ball contact

Unopposed to
opposed

Integrate physical

Organization/Rules

* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____



Coaching Points

* _____
* _____
* _____
* _____
* _____
* _____
* _____

DURATION: _____
INTENSITY: _____
OF INTERVALS: _____
INTERVAL TIME: _____
RECOVERY TIME: _____

STAGE 2

SMALL-SIDED
ACTIVITY

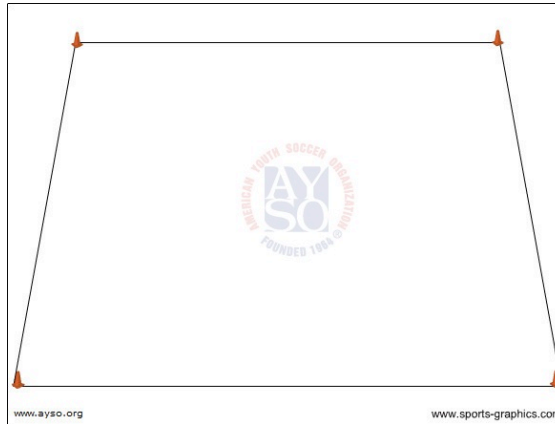
Individual & pair work

Competition &
teamwork

2v2 and 3v3, etc.

Organization/Rules

* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____



Coaching Points

* _____
* _____
* _____
* _____
* _____
* _____
* _____

DURATION: _____
INTENSITY: _____
OF INTERVALS: _____
INTERVAL TIME: _____
RECOVERY TIME: _____

STAGE 3

EXPANDED
SMALL-SIDED
ACTIVITY

Principles of attack &
defense

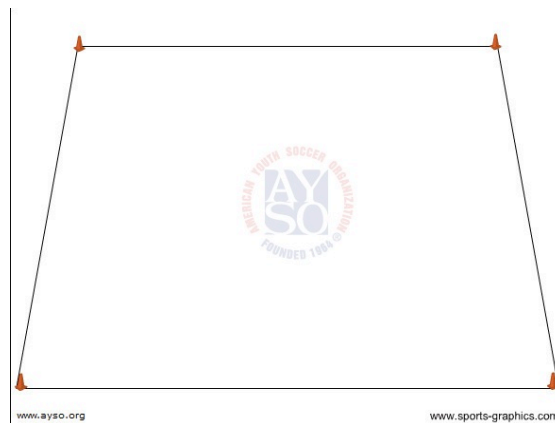
Directional play
(w/ 1 full goal to
targets or goal)

Expanded numbers
(3v3 to 6v6, etc.)

Most game aspects/
laws

Organization/Rules

* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____



Coaching Points

* _____
* _____
* _____
* _____
* _____
* _____
* _____

DURATION: _____
INTENSITY: _____
OF INTERVALS: _____
INTERVAL TIME: _____
RECOVERY TIME: _____

STAGE 4

SMALL-SIDED
MATCH

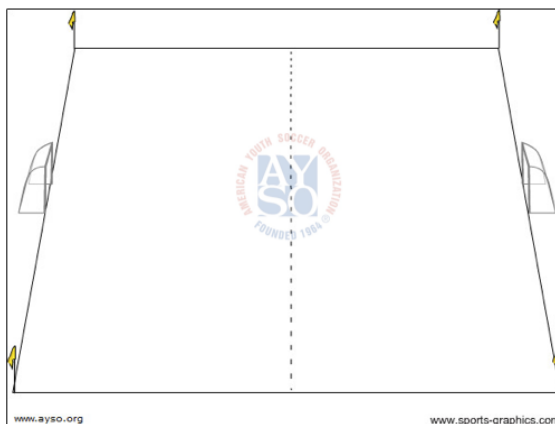
Unconditional
Formations
Laws

PLAY!

COOL DOWN /
DEBRIEF

Organization/Rules

* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____
* _____



Coaching Points

* _____
* _____
* _____
* _____
* _____
* _____
* _____

DURATION: _____
INTENSITY: _____
OF INTERVALS: _____
INTERVAL TIME: _____
RECOVERY TIME: _____