

Blank session template

Any age group

60–90 minutes

DATE

AGE GROUP

NUMBER OF PLAYERS

SESSION OBJECTIVE — one line, the single focus for tonight

AREA SIZE & EQUIPMENT — pitch dimensions, balls, bibs, cones, goals

ARRIVAL ACTIVITY — what players do the second they step on the pitch

**PRACTICE &
TIME****ORGANIZATION (AREA, NUMBERS, RULES)****COACHING POINTS (2–3)**

1.

2.

3.

STEP ADAPTATIONS — how each practice gets easier or harder: Space, Task, Equipment, Players

COOL-DOWN & REVIEW — stretches, debrief questions, what to carry into next week