

Coach

Session date

Theme



NOTES

I. Warm up- Soccer Freeze Tag & Soccer Blob

II. 1v1, 2v2 (Grid Work)

III. 5v5 + 4 possession

IV. 8v8 + 2 possession

V. 1v1, 2v2 to goal

VI. 3v3, 4v4, 5v5 Full Field (only for players 15 & older)