



COACHING SESSION PLAN TEMPLATES NO.3

Lesson Plan no. 1

Warm Up:

- Light jogging
- Dynamic stretches

Technical Drill:

- Passing accuracy

Tactical Drill:

- Team formation practice

Fitness Activity:

- Interval sprints

Gameplay Exercise:

- Half-field scrimmage focusing on passing

Cool Down:

- Static stretches
- Team discussion

Lesson Plan no.2

Warm Up:

- Agility ladder drills
- Ball control warm-up

Skills Drill:

- Dribbling through cones

Positional Play:

- Positional rotations

Set Plays:

- Practicing set-piece scenarios (e.g., free-kicks, corners)

Small-Sided Game:

- 4v4 with focus on maintaining formation

Cool Down:

- Group stretch
- Feedback session

Lesson Plan no.3

Warm Up:

- Partner passing
- Dynamic stretching

Speed and Agility Drill:

- Shuttle runs

Team Strategy:

- Defensive positioning

Skills Drill:

- Shooting practice

Scrimmage:

- Full-field game with emphasis on defense

Cool Down:

- Light jogging
- Reflective discussion

Lesson Plan no.4

Warm Up:

- Coordination exercises
- Ball juggling/bouncing/dribbling

Endurance Drill:

- Continuous running

Tactical Session:

- Transition play (offense to defense)

Technical Drill:

- Crossing and finishing/Passing and Shooting

Modified Game:

- Small-sided game with specific tactical rules

Cool Down:

- Stretching routine
- Team feedback

Lesson Plan no.5

Warm Up:

- Quick feet drills
- Partner stretches

Skills Circuit:

- Multiple stations (eg.dribbling, passing, shooting)

Tactical Drill:

- High press practice

Fitness Challenge:

- Beep test

Scenario-Based Game:

- Situational scrimmage (e.g., playing with a lead, playing from behind)

Cool Down:

- Breathing exercises
- Group discussion

Lesson Plan no.6

Warm Up:

- Ball passing in pairs
- Light aerobic exercises

Agility Drill:

- Cone weaves

Technical Focus:

- First touch control

Tactical Play:

- Counter-attack scenarios

Competitive Game:

- 7v7 match with focus on quick transitions

Cool Down:

- Relaxed walk
- Recap of session

Lesson Plan no.7

Warm Up:

- Skipping rope
- Movement prep

Skills Focus:

- Long passing

Strategy Session:

- Build-up play from the back

High Intensity Drill:

- 1v1 challenges

Team Game:

- Full-sided game focusing on set strategies

Cool Down:

- Partner stretches
- Group reflection

Lesson Plan no.8

Warm Up:

- Movement patterns
- Quick passes

Fitness Focus:

- Circuit training

Tactical Awareness:

- Zonal defense practice

Skills Drill:

- Heading practice

Modified Scrimmage:

- Game with restricted areas for players

Cool Down:

- Yoga stretches
- Tactical debrief

Lesson Plan no.9

Warm Up:

- Passing circles
- Active stretches

Speed Drill:

- Acceleration sprints

Technical Drill:

- Volley practice

Tactical Drill:

- Breaking lines

Gameplay Focus:

- Small-sided game with emphasis on breaking defensive lines

Cool Down:

- Gentle jogging
- Session review

Lesson Plan no. 10

Warm Up:

- Relay races
- Mobility exercises

Skills Focus:

- Ball retention

Tactical Drill:

- Overlapping runs

Fitness Challenge:

- Stamina circuit

Fun Activity:

- Skills competition

Cool Down:

- Static stretching
- Positive reinforcement