



COACHING SESSION PLAN TEMPLATES

Lesson Plan no. 1

Warm Up:

Skills Drill:

Extension:

Gameplay Exercise:

Match-Play or Fun Activity:

Extras:

Cool Down:

Spare Drills/Games:

Lesson Plan no.2

Warm Up:

Fitness Drill:

Skills Drill:

Set Plays:

Modified Gameplay:

Cool Down:

Spare Drills/Games:

Lesson Plan no.3

Warm Up:

High Intensity Fitness Drill:

Set Plays (corners, kick ins, serves, etc.)

Matchplay beginning with the Set Play:

Fun Cool Down Game:

Spare Drills/Games:

Lesson Plan no.4

Warm Up:

Skills Drill at High Intensity:

Gameplay Scenarios:

Scenario One:

Scenario Two:

Scenario Three:

Scenario Four (time dependent):

Cool Down/Discussion:

Lesson Plan no.5

Warm Up:

Skills Drill (eg. passing):

One Extension/Change Up:

Second Skills Drill (eg. Shooting):

One Extension/Change Up:

Third Skills Drill (eg. Positioning/Defending):

One Extension/Change Up:

Fun Modified Gameplay:

Cool Down:

Lesson Plan no.6

Warm Up:

Comprehensive Skills Drill:

Modified Gameplay:

One Change Up/Rule Change:

Practice Match (Full Field/Court, Match Day Rules):

Discussion/Cool Down:

Cool Down:

Lesson Plan no.7

Warm Up:

High Intensity Skills Drill:

Modified Gameplay Drill Favouring Attackers:

Discussion:

Modified Gameplay Drill Favouring Defenders:

Skills Challenge/Fun Competition:

Cool Down:

Lesson Plan no.8

Warm Up:

Fitness Drill with a focus on one skill (eg. passing):

Skills Drill - continuing to focus on the same skill:

Extension One:

Extension Two:

Extension Three:

Modified Gameplay - with a focus on the same skill:

Cool Down:

Lesson Plan no.9

Warm Up:

Fitness Drill - Short high intensity exercises with regular breaks:

Fitness Drill - Long task with minimal breaks:

Skills Drill at high intensity:

Gameplay Drill requiring high work rate:

Cool Down:

Lesson Plan no. 10

Warm Up:

Fitness Drill:

Skills Drill:

Set Plays:

Modified Gameplay:

Cool Down:

Spare Drills/Games: