

Topic: \_\_\_\_\_ Region: \_\_\_\_\_



Age: \_\_\_\_\_

Date: \_\_\_\_\_

everyone plays

balanced teams

open registration

good sportsmanship

positive coaching

player development

**STAGE 1**

TECHNICAL WARM-UP

Topic-related

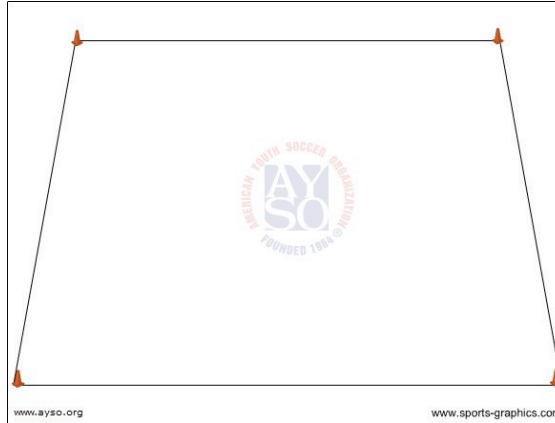
Max ball contact

Unopposed to opposed

Integrate physical

**Organization/Rules**

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**Coaching Points**

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DURATION: \_\_\_\_\_  
INTENSITY: \_\_\_\_\_  
# OF INTERVALS: \_\_\_\_\_  
INTERVAL TIME: \_\_\_\_\_  
RECOVERY TIME: \_\_\_\_\_

**STAGE 2**

SMALL-SIDED ACTIVITY

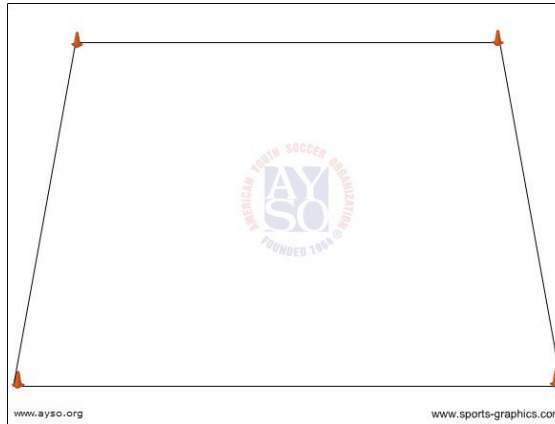
Individual & pair work

Competition & teamwork

2v2 and 3v3, etc.

**Organization/Rules**

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**Coaching Points**

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DURATION: \_\_\_\_\_  
INTENSITY: \_\_\_\_\_  
# OF INTERVALS: \_\_\_\_\_  
INTERVAL TIME: \_\_\_\_\_  
RECOVERY TIME: \_\_\_\_\_

**STAGE 3**

EXPANDED SMALL-SIDED ACTIVITY

Principles of attack & defense

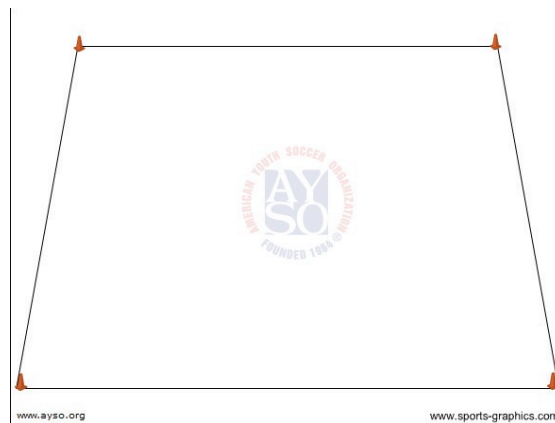
Directional play (w/ 1 full goal to targets or goal)

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

Most game aspects/laws

**Organization/Rules**

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**Coaching Points**

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DURATION: \_\_\_\_\_  
INTENSITY: \_\_\_\_\_  
# OF INTERVALS: \_\_\_\_\_  
INTERVAL TIME: \_\_\_\_\_  
RECOVERY TIME: \_\_\_\_\_

**STAGE 4**

SMALL-SIDED MATCH

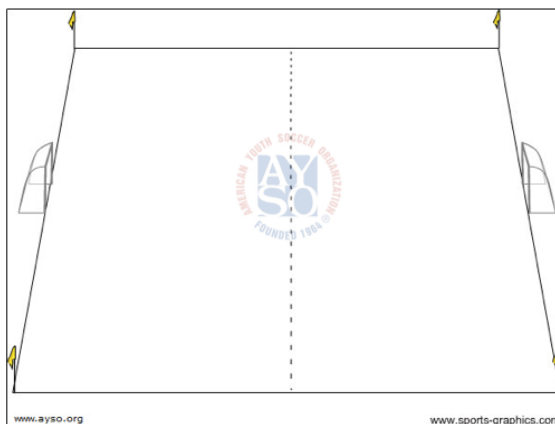
Unconditional Formations Laws

PLAY!

COOL DOWN / DEBRIEF

**Organization/Rules**

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**Coaching Points**

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DURATION: \_\_\_\_\_  
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