

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



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

everyone plays      balanced teams      open registration      good sportsmanship      positive coaching      player development

### STAGE 1

#### TECHNICAL WARM-UP

Topic-related

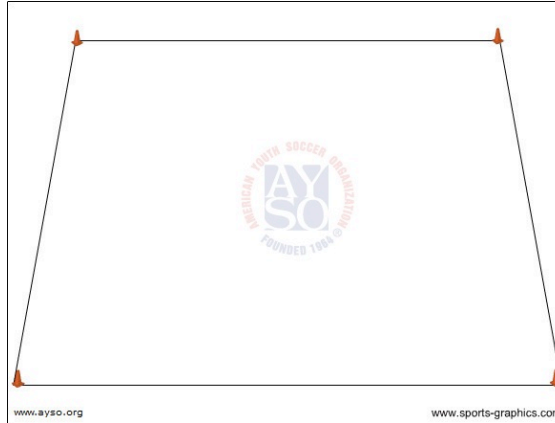
Max ball contact

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

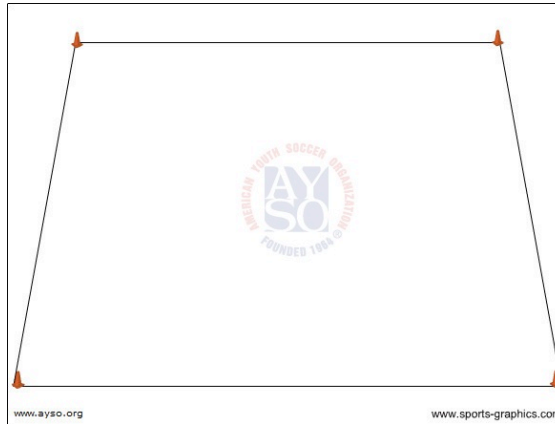
Individual & pair work

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

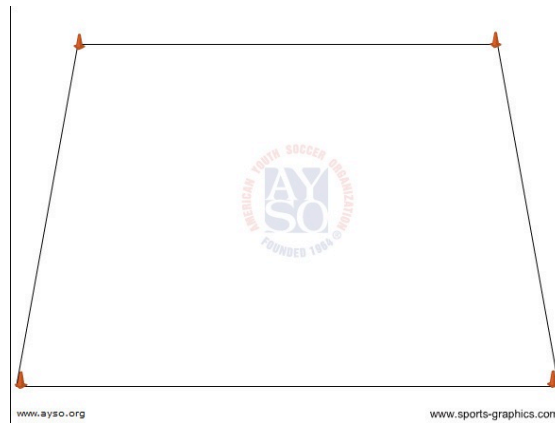
Directional play  
(w/ 1 full goal to  
targets or goal)

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

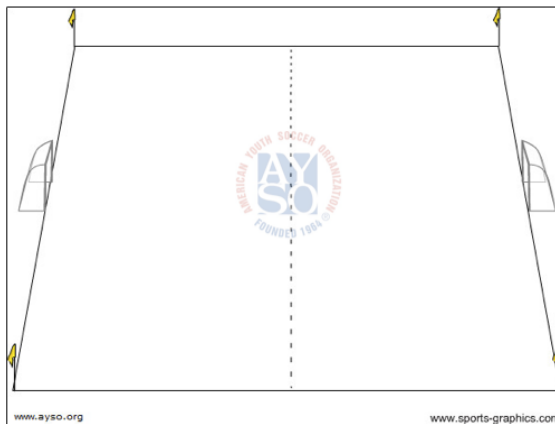
Unconditional  
Formations  
Laws

PLAY!

COOL DOWN /  
DEBRIEF

#### Organization/Rules

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#### Coaching Points

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