**USAi Travel Coach’s Lesson Plan**

**Topic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Age Group:\_\_\_\_\_\_\_\_\_\_\_\_**

*(Reflects a session 1 ½ hour long. If shorter, adjust times accordingly)*

|  |  |  |
| --- | --- | --- |
| **Warm-Up** (15 min.) | **Organization (Diagram)** | **Key Coaching Points** |
| **Technical Activity** (25 min.) |  |  |
| **Expanded Small-Sided Activity** (20 min.)  (Technical and/or Tactical) |  |  |
| **Game** (20 min.) |  |  |
| **Cool Down** (10 min.) |  |  |

**General Training Session Guidelines:**

**1. Focus on ONE theme for the session.**

**2. Have a natural progression throughout the session.** *(technical to tactical to game)*

**3. Make sure every player has a ball and is engaged in the session. Keep static time to a minimum.**

**4. Keep it positive, challenging and informative.  
5. Make it FUN!**