

USA of Indiana 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!