



EDUCATE. CONNECT. INSPIRE



New England Revolution Academy – Session Planner

Date:	Coach:	Topic:
Time:	Location:	Gender/Age/Level:

Session Overview:

Phase I – Warm Up			
Duration:	Intensity:	Intervals:	Work:Rest:
Organization (Environment / Equipment / Players)			
Coaching Points (Key Concepts / Progressions)			

Phase II – Small Sided / Technical Activity			
Duration:	Intensity:	Intervals:	Work:Rest:
Organization (Environment / Equipment / Players)			
Coaching Points (Key Concepts / Progressions)			

Phase III – Expanded / Tactical Activity			
Duration:	Intensity:	Intervals:	Work:Rest:
Organization (Environment / Equipment / Players)			
Coaching Points (Key Concepts / Progressions)			

Phase IV – Game			
Duration:	Intensity:	Intervals:	Work:Rest:
Organization (Environment / Equipment / Players)			
Coaching Points (Key Concepts / Progressions)			