



# Northwestern Soccer Session Plan

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

Session Objective(s):

\_\_\_\_\_

\_\_\_\_\_

Phase & Activity	Diagram	Time	Coaching Points
<u>Warm-up</u>			
<u>Technique / Skill Practice</u>			
<u>Game Related</u>  <u>Conditioned Game</u>			
<u>Scrimmage</u>  -Unconditioned -coach the individual player, rarely stop the whole game	Even sides plus GK's		Correct mistakes as a group if error is common otherwise simply correct individual mistakes.

Northwestern Soccer is operated under the Northwestern Youth Athletic Association (NYAA). All NYAA by-laws also apply to the Northwestern Soccer program.