

U.S. Soccer Training Session Planner

Definitions, Key, Symbols, Content



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U.S. Soccer Training Session Planner Tutorial – Objectives



INSTRUCTIONS TO HELP YOU COMPLETE ALL SECTIONS

1. Excel Document

2. Fitness Periodization Component

3. Adding a Diagram/Picture

4. Standardized Nomenclature for Positional Numbering

5. Standardized Nomenclature for Presenting Exercises

Name: Team:
Date: Mesocycle: Microcycle/Day:



TRAINING OBJECTIVE(S):

	I. WARM-UP	Intensity:	Activity Time:
	Duration:	Intervals:	Recovery Time:
	ORGANIZATION (Physical Environment / Equipment / Players)		
	COACHING POINTS / KEY CONCEPTS		
	II. SMALL-SIDED ACTIVITY	Intensity:	Activity Time:
	Duration:	Intervals:	Recovery Time:
	ORGANIZATION (Physical Environment / Equipment / Players)		
	COACHING POINTS / KEY CONCEPTS		
	III. EXPANDED ACTIVITY	Intensity:	Activity Time:
	Duration:	Intervals:	Recovery Time:
	ORGANIZATION (Physical Environment / Equipment / Players)		
	COACHING POINTS / KEY CONCEPTS		
	IV. GAME	Intensity:	Activity Time:
	Duration:	Intervals:	Recovery Time:
	ORGANIZATION (Physical Environment / Equipment / Players)		
	COACHING POINTS / KEY CONCEPTS		

U.S. Soccer Training Session Planner – Fitness Periodization

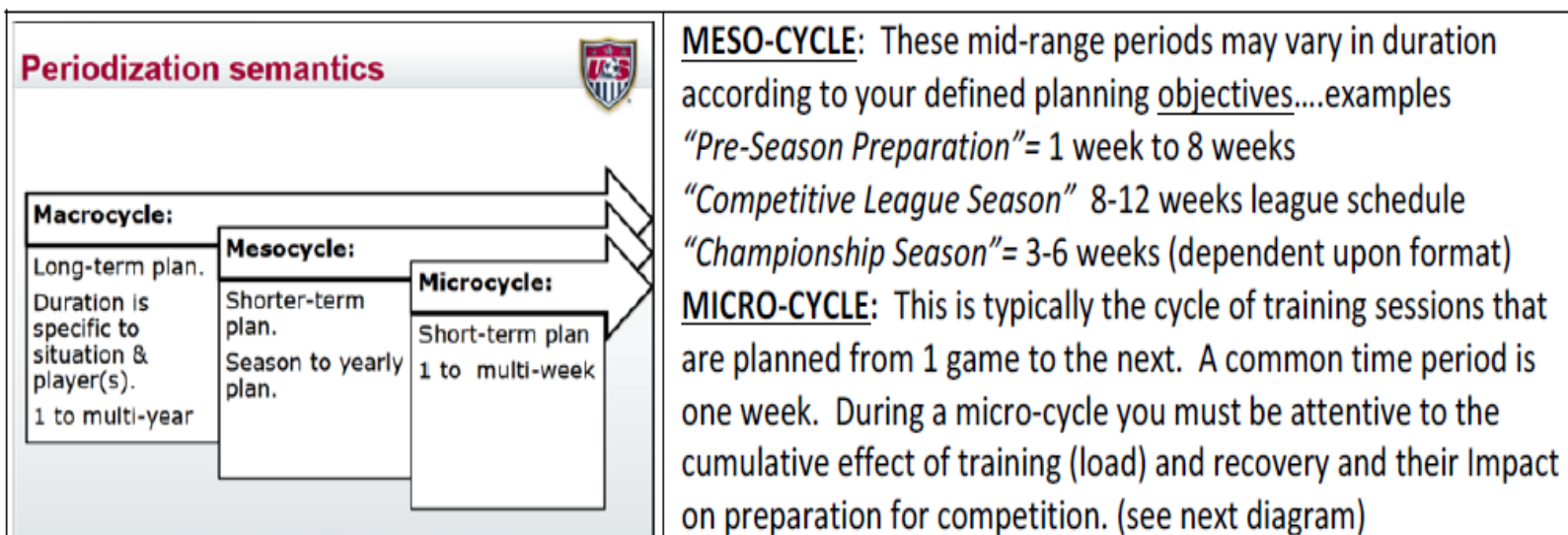


Name: Team:

Date: Mesocycle: Microcycle/Day:



SESSION PLANNING COMPONENTS

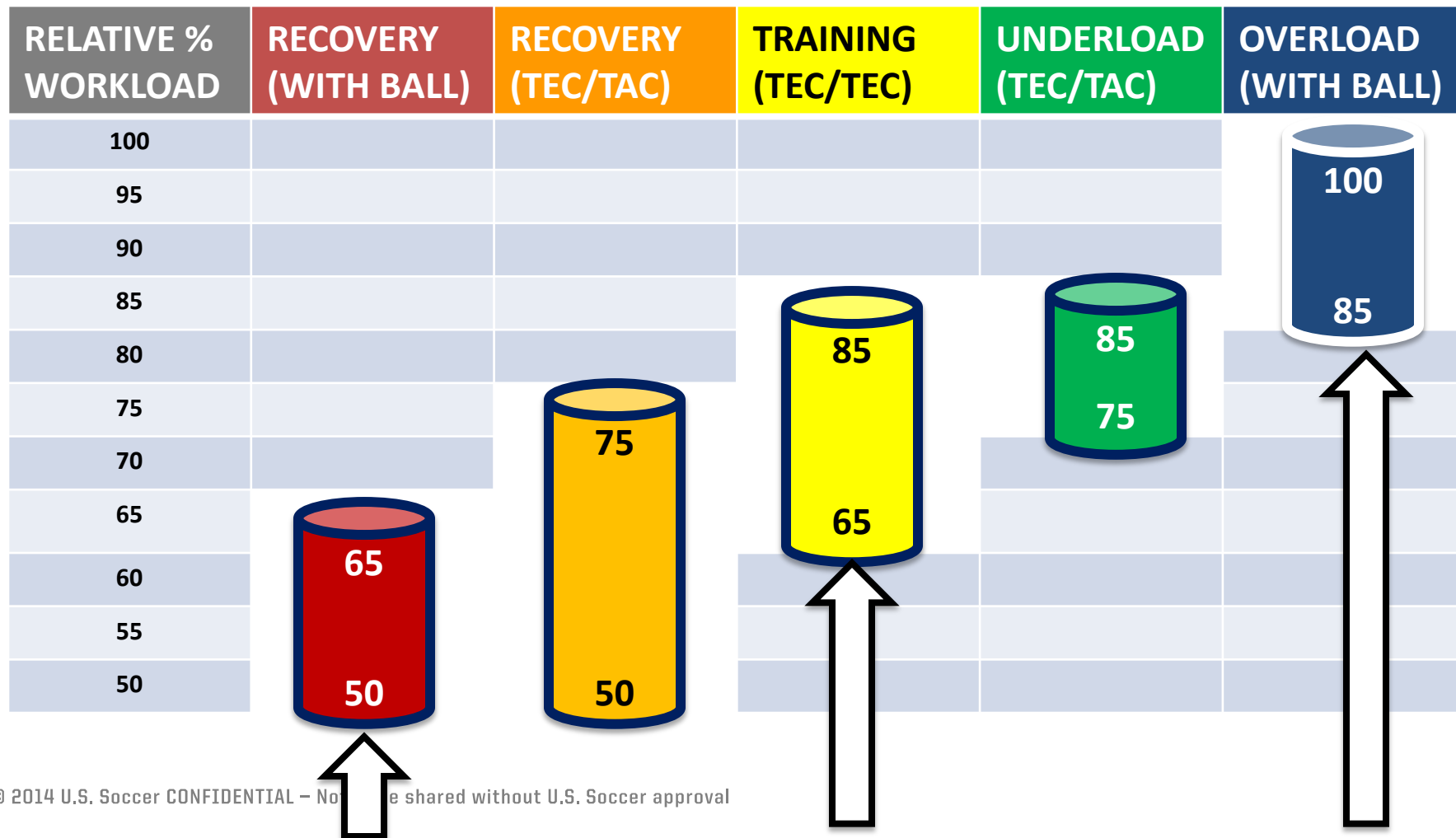


[illegible]

Training Load



TRAINING LOAD : DEFINING THE LEVELS





PRINCIPLES OF PLANNING



72 HOUR RULE

- A full match demands 72 hours for full recovery.
- Proportionality?



24 HOUR RULE

- The day following a match is always a **recovery** day.



24 HOUR RULE- PART II

- The day following an **overload** day is a **recovery** day.
- May be substituted with a **tec/tac recovery** day.

PRINCIPLES OF PLANNING



MULTIPLE MATCH RULE

- 2 Matches per week- NO **overload** training that week.
- The week following has an **underload** as a maximum.



OVERLOAD / CONDITIONING

- Maximum 2 **overload** days in a cycle. (match=1)
- No consecutive **overload** days.

U.S. Soccer Training Session Planner – Fitness Periodization



Planning an Individual Training Session should not be done in Isolation:

Periodization of the week	PLANNING AN INDIVIDUAL SESSION should account for the physical demand of each activity. Plan your complete micro-cycle prior to planning each individual session- What will the physical demand be on a given day? Consider these variables... DURATION= The length of each activity (stage) in MINUTES INTENSITY= The “amount of work per unit of time” INTERVALS= The number of times that a work period is repeated. ACTIVITY TIME= Duration (usually seconds) of 1 activity period. RECOVERY TIME: Duration (seconds) of the rest period before resuming activity.										
	(Ex) 2 Small-sided games. 3v3 in a 25x30 field with 2 yard goals. DURATION: 15 minutes INTENSITY: MEDIUM to HIGH INTERVALS: 3 Intervals @ 2 minutes WORK: *REST 2 min : 3 min *Active Recovery (AR) examples: 1. juggling in 3's 2. short passing (minimal displaced movement)										
INTENSITY What variables influence this?	•Activities with opponents have a higher intensity than activities without opponents. •Smaller #'s (2v2) are more intense than larger groups (9v9) •Restricted touches, “2-touch” is more intense than unrestricted. •Competing in a confined space is more intense than larger areas.										
# OF REPETITIONS What factors should be considered? Duration of each Interval?	•Is this a high or low load day in your planned micro-cycle? •The longer the interval, the greater the load. •Intensity- the higher the intensity the shorter the interval <table border="1"> <tr> <td>(Intensity)</td> <td>HIGH</td> <td>MED. HI</td> <td>MEDIUM</td> <td>LOW</td> </tr> <tr> <td>(Interval)</td> <td>6-30s</td> <td>30s- 2min</td> <td>2min-3min</td> <td>3min-30min</td> </tr> </table>	(Intensity)	HIGH	MED. HI	MEDIUM	LOW	(Interval)	6-30s	30s- 2min	2min-3min	3min-30min
(Intensity)	HIGH	MED. HI	MEDIUM	LOW							
(Interval)	6-30s	30s- 2min	2min-3min	3min-30min							
ACTIVITY TIME RECOVERY TIME What must be considered?	A key consideration is the fitness level of your team/individuals. Ex. 30s of high intensity activity with 30s recovery is very demanding and requires a high fitness level. Intense activities require a longer rest interval in order to recover and thus maintain quality performance and execution. Be attentive to physical signs of fatigue and adjust.										



Drop Down Menu for Intensity and Intervals Fitness Component in Each Stage:

Warm-up, Small Sided Game, Expanded Small Sided Game, Game

	I. WARM-UP			Activity Time:	
	Duration:	Intensity:		Recovery Time:	
		Intervals:			
	ORGANIZATION (Physical Environment / Equipment / Players)				
		COACHING POINTS / KEY CONCEPTS			

INTENSITY

INTERVALS



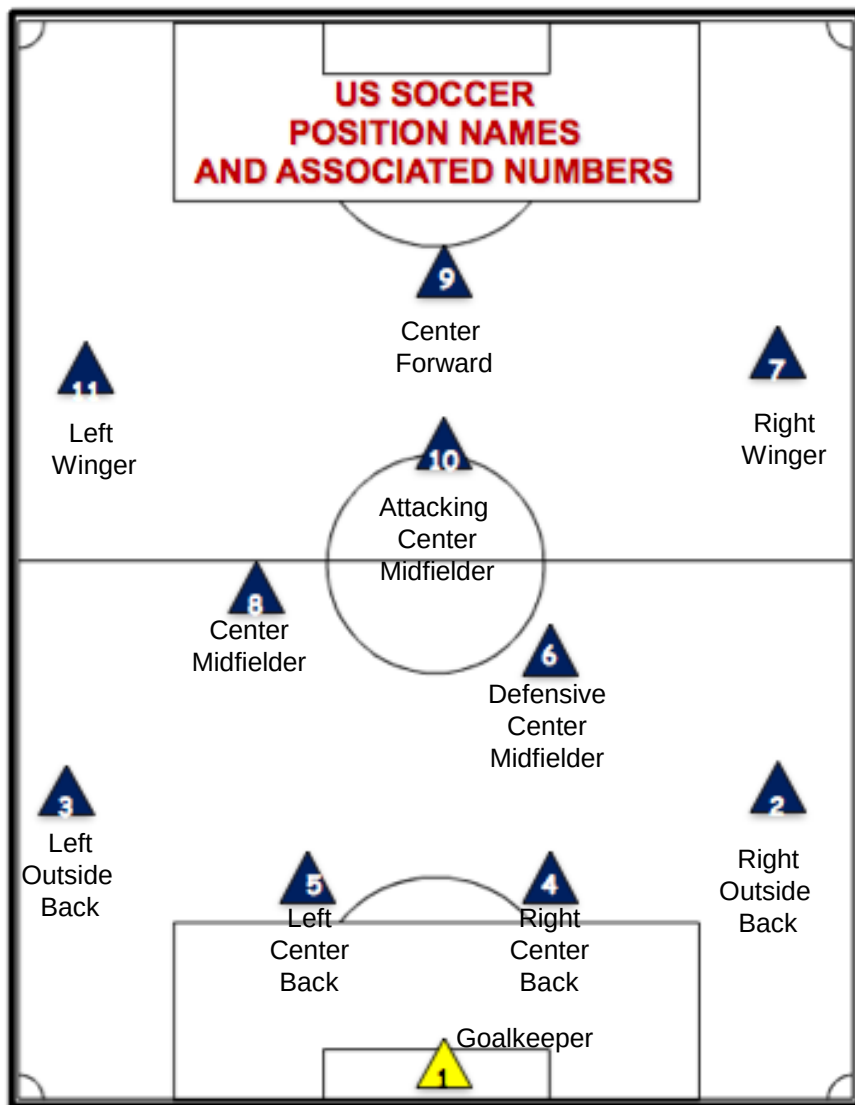
Duration = Intervals x (Activity Time + Recovery Time)

24 min. = 4 Intervals x 6 min. (Activity Time 4 min./Recovery Time 2 min.)

	I. WARM-UP			Activity Time:	
	Intensity:			Recovery Time:	
	Duration:		Intervals:		
	ORGANIZATION (Physical Environment / Equipment / Players)				
COACHING POINTS / KEY CONCEPTS					

Activity Time and Recovery Time are Described in Seconds or Minutes
Activity Time 30 sec./Recovery Time 60sec. -
Activity Time 4 min./Recovery Time 2 min.

Standardized Nomenclature For Positional Numbering



SYSTEM: "1-4-3-3"

3 FORWARDS

3 MIDFIELDERS

4 BACKS

1 GOALKEEPER

U.S. Soccer Diagraming Protocol-Computer Coaching Aids



COMPUTER GENERATED
COACHING PROGRAMS
TRAINING FIELDS/AREAS

ARE:

GREEN FIELDS
HORIZONTAL SHADOW
FIELD FACING UP THE
PAGE

I. WARM-UP

Duration:

Intensity:

Intervals:

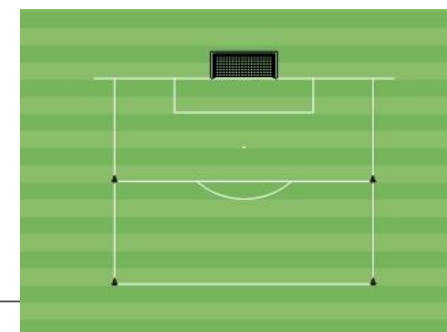
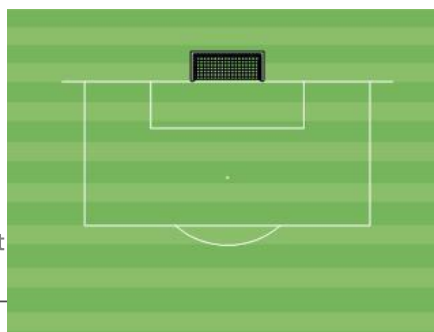
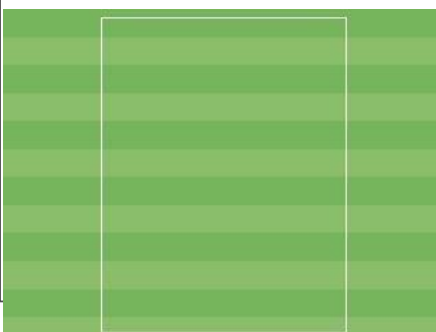
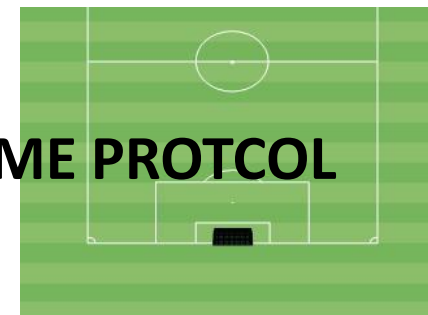
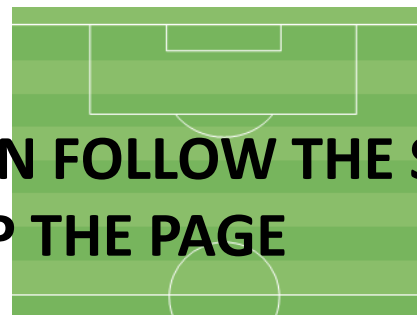
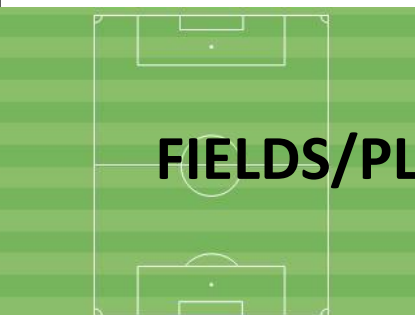
Activity Time:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

COACHING POINTS / KEY CONCEPTS

**FIELDS/PLAYING AREAS DRAWN FOLLOW THE SAME PROTOCOL
FACING UP THE PAGE**



Inserting a Picture



FillableSessionPlanner - Microsoft Excel non-commercial use

File Home Insert Page Layout Formulas Data Review View Acrobat

PivotTable Table Picture Clip Art Shapes SmartArt Screenshot Column Line Pie Bar Area Scatter Other Charts Line Column Win/Loss Slicer Hyperlink Text Box Header & Footer WordArt Signature Line Object Equation Symbol

O46 fx

A B C D E F G H I J K L M N O P Q R S T U V

1 Name: Team: 

2

3

4 Date: Mesocycle: Microcycle/Day:

5

6

7 TRAINING OBJECTIVE(S):

8

9

10

11

12

13

14

15 I. WARM-UP Intensity: Activity Time:

16 Duration: Intervals: Recovery Time:

17 Physical Environment / Equipment / Players

18

19

20 COACHING POINTS / KEY CONCEPTS

21

22

23

24 II. SMALL-SIDED ACTIVITY Intensity: Activity Time:

25 Duration: Intervals: Recovery Time:

26 ORGANIZATION (Physical Environment / Equipment / Players)

27

Fillable Session Planner

Ready

100%

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1. Click on Insert in the tool bar at the top of the page

2. Click on Picture

Inserting a Picture



The screenshot shows a Microsoft Excel window with the 'Insert Picture' dialog box open. The dialog box is set to the 'My Documents' folder, specifically the '1_EASY_GRAPHICS' subfolder. It displays a list of files, including '1-4-2-1-3v1-4-4-2', '1-4-2-3-1_Tactical', '1-4-3-3_Tactical', '1-4-4-2_diamondMF(6,...', '1-4-4-2_diamondMF', '1v1_Def_PofP' (which is selected), '3v2_2v3_E_Lic', and '3v2_2v3_E_License'. A red arrow points from the selected file to a yellow box containing the text 'Select your picture and Click on Insert'. Another red arrow points from the 'Insert' button in the dialog box to the same yellow box. The background shows the Excel interface with the 'Fillable Session Planner' worksheet visible.

Select your picture and Click on Insert

Inserting a Picture



FillableSessionPlanner - Microsoft Excel non-commercial use

Picture Tools

File Home Insert Page Layout Formulas Data Review View Acrobat Format

Remove Background Corrections Color Artistic Effects Reset Picture Compress Pictures Change Picture

Picture Styles

Picture Border Picture Effects Picture Layout Bring Forward Send Backward Selection Pane Align Group Rotate

Height: 1.9" Width: 2.45"

Picture 5

II. SMALL-SIDED ACTIVITY Intensity: Activity Time: Duration: Intervals: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players) COACHING POINTS / KEY CONCEPTS

III. EXPANDED ACTIVITY Intensity: Activity Time: Duration: Intervals: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players) COACHING POINTS / KEY CONCEPTS

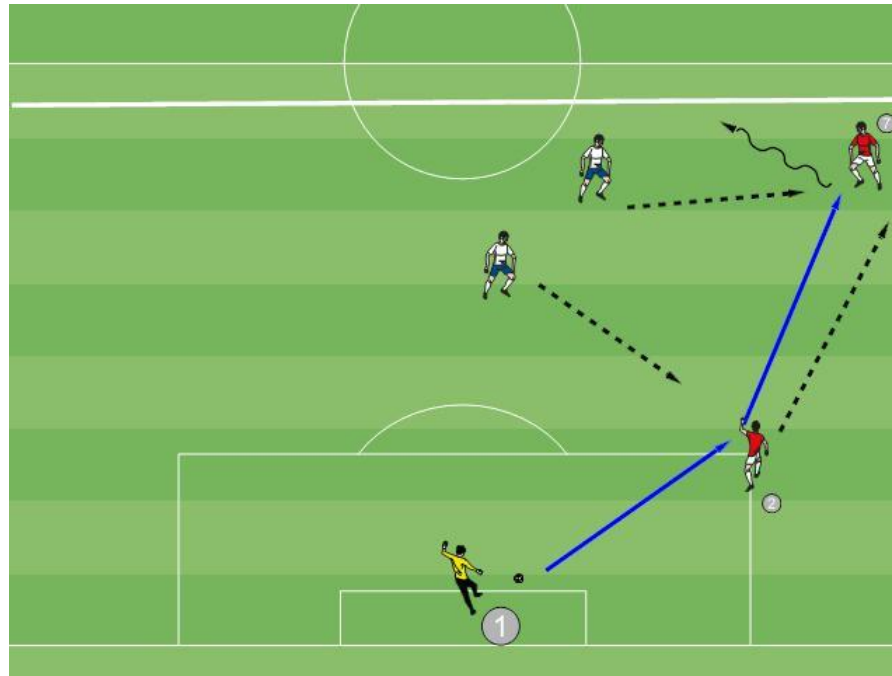
IV. GAME Intensity: Activity Time: Duration: Intervals: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players) COACHING POINTS / KEY CONCEPTS

Format and Size Picture

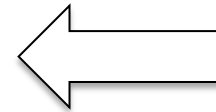
U.S. Soccer Diagraming Protocol-Computer Coaching Aids



Opposition
Direction of Play
White/Blue
Uniforms



Field Markings
Medium
White Lines



Team You Are Coaching
Direction of Play
Red/White
Uniforms

Player size #8

Ball Size #8

Ball movement – (Solid) Blue Line /Medium

Player movement without Ball– (Dashed) Black Line Without Ball /Medium

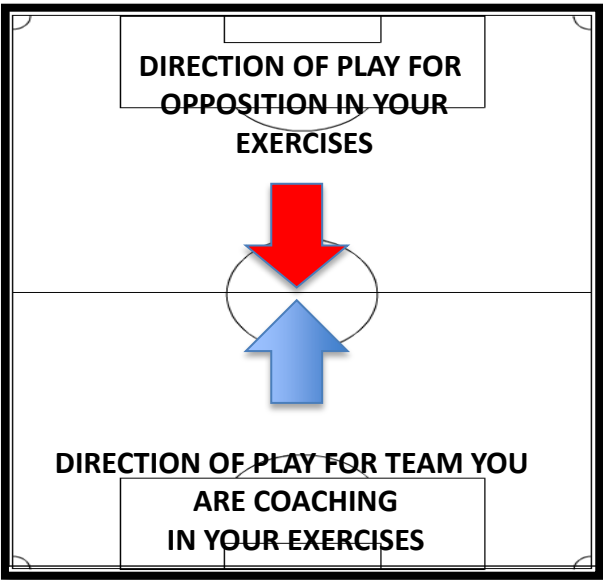
Player movement with Ball– (Squiggled) Black Line/Medium

Text in Diagram – Name/Number only

3rd team/Players – Gray/White Uniforms

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U.S. Soccer Diagramming Protocol : Self Created Diagram Key



Triangles & Circles: Drawn Need No Color Only Players
Positional Numbering : DMF = #6

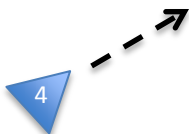
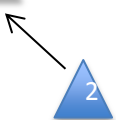
Computer Generated:
Team You Are Coaching Triangles = Blue + Positional
Numbering: RB = #2
Opposition Circles = Red + Positional Numbering:
ACMF = #10

DIAGRAMING KEY & SYMBOLS:

PLAYERS: Team your training
(Functional Exercises Use Positional Numbering)



PLAYERS: Opposition
(Functional Exercises Use Positional Numbering)

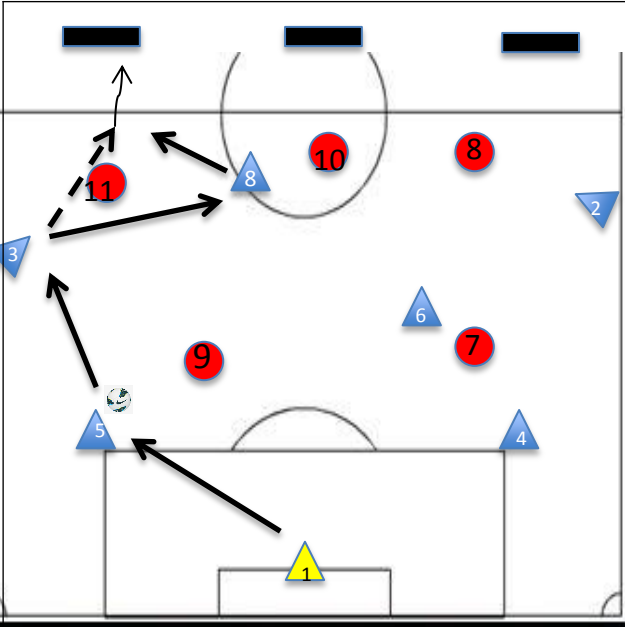


PASSES represented using **thin lines** with a head. The **length** to the arrow-head is an indication of the **distance**. The arrow-head represents the end point of the pass. **For accuracy, the angle and length should be drawn in proportion to the field diagram in which they are placed.**

DRIBBLING or RUNNING WITH THE BALL is represented using **squiggled line** with an arrow-head.

PLAYER MOVEMENT or RUNNING WITHOUT THE BALL represented using **dashed line** with an arrow-head. **Angle of the point of triangle represents angle of approach by the player**

U.S. Soccer Diagramming Protocol : Descriptive Content



II. SMALL-SIDED ACTIVITY				
Duration:	27 min.	Intensity:	Med.	Activity Time: 6
		Intervals:	3	Recovery Time: 3
ORGANIZATION (Physical Environment / Equipment / Players)				
65 by 75 yds. 7v 5 -  1-4-2 vs.  3-2 - 1 large with 3 counter goals, counter goals-pass/dribble through, Off-side line top of 18, throw-ins/corners/free kicks/goal kicks, balls in goal and behind 3 goals, free play both teams.				
COACHING POINTS / KEY CONCEPTS				
Building out of the back: transition to attacking shape, team shape roles and functions of #'s 1, 2, 3, 4, 5, 6, 8, possession v penetration, build up from goal kicks.				

CONTENT OF:

ORGANIZATION (PHYSICAL ENVIRONMENT / EQUIPMENT / PLAYERS)

Dimensions of area of play (area of play drawn on diagram), number of goals, rules of scoring, laws of the game, number of players, system of play (U.S. Soccer positional numbering – team you are coaching), rules of playing (touches/free play etc.)

This key, symbol and planning description is provided in order for the candidate to develop design and diagram a training plan presentation that is neat, clear and consistent with U. S. Soccer Coaching Education standards. ★



SHOULD YOU HAVE ANY QUESTIONS, PLEASE CONTACT U.S. SOCCER AT:

coaches@ussoccer.org

