U.S. Soccer Training Session Planner
Definitions, Key, Symbols, Content
## 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

### TRAINING OBJECTIVE(S):

<table>
<thead>
<tr>
<th>I. WARM-UP</th>
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<th>Activity Time:</th>
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**COACHING POINTS / KEY CONCEPTS**

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<th>II. SMALL-SIDED ACTIVITY</th>
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**COACHING POINTS / KEY CONCEPTS**

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<tr>
<th>IV. GAME</th>
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**COACHING POINTS / KEY CONCEPTS**

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SESSION PLANNING COMPONENTS

**Periodization semantics**

**Macrocycle:**
- Long-term plan.
- Duration is specific to situation & player(s).
- 1 to multi-year

**Mesocycle:**
- Shorter-term plan.
- Season to yearly plan.

**Microcycle:**
- Short-term plan.
- 1 to multi-week

**MESO-CYCLE:** These mid-range periods may vary in duration according to your defined planning objectives,... examples
- "Pre-Season Preparation" = 1 week to 8 weeks
- "Competitive League Season" = 8-12 weeks league schedule
- "Championship Season" = 3-6 weeks (dependent upon format)

**MICRO-CYCLE:** This is typically the cycle of training sessions that are planned from 1 game to the next. A common time period is one week. During a micro-cycle you must be attentive to the cumulative effect of training (load) and recovery and their impact on preparation for competition. (see next diagram)
MICRO Cycle

SATURDAY MATCH (3 x TRAINING/72 HOURS FOR COMPLETE RECOVERY OF OVERLOAD=GAME)

<table>
<thead>
<tr>
<th>SAT</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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MATCH MATCH

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## Training Load: Defining the Levels

<table>
<thead>
<tr>
<th>Relative % Workload</th>
<th>Recovery (With Ball)</th>
<th>Recovery (TEC/TAC)</th>
<th>Training (TEC/TEC)</th>
<th>Underload (TEC/TAC)</th>
<th>Overload (With Ball)</th>
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Training Load

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

### Periodization of the Week

<table>
<thead>
<tr>
<th>COMPETE</th>
<th>RECOVER</th>
<th>STRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Physical performance</td>
<td>- Rest and recovery</td>
<td>- Mental stress</td>
</tr>
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</table>

### Planning an Individual Session

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.

**Example:**

- (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?

### 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

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ORGANIZATION (Physical Environment / Equipment / Players)

COACHING POINTS / KEY CONCEPTS

INTENSITY

| LOW | MED | HIGH |

INTERVALS

1, 2, 3, 4, 5, 6, 7, 8, select #
Duration = Intervals x (Activity Time + Recovery Time)

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

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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

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<table>
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<tr>
<th>COMPUTER GENERATED COACHING PROGRAMS TRAINING FIELDS/AREAS ARE: GREEN FIELDS HORIZONTAL SHADOW FIELD FACING UP THE PAGE</th>
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FIELDS/PLAYING AREAS DRAWN FOLLOW THE SAME PROTOCOL FACING UP THE PAGE
1. Click on Insert in the tool bar at the top of the page

2. Click on Picture
Inserting a Picture

Select your picture and Click on Insert
Inserting a Picture

Format and Size Picture

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Opposition Direction of Play White/Blue Uniforms

Team You Are Coaching Direction of Play Red/White Uniforms

Field Markings Medium White Lines

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

Diagram 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: 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.

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

Direction of Play for Team You Are Coaching in Your Exercises

Direction of Play for Opposition in Your Exercises

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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.

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

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