



# SESSION PLAN - BSC RAIDERS



**Team:**

**Session:**

**Week:**

**Season:**

**Date:**

**Players:**

**Coach:**

**Time:**

**Setup:**

**Goal:**

**Field:**

**Drill #1** Technical Phase - Warm Up **Duration:**

Goal:

Description:

Variations:

**Drill #2** Decision Making Drills **Duration:**

Goal:

Description:

Variations:

**Drill #3** Small Sided Games **Duration:**

Goal:

Description:

Variations:

**Drill #4** Game Practice **Duration:**

Goal:

Description:

Variations: