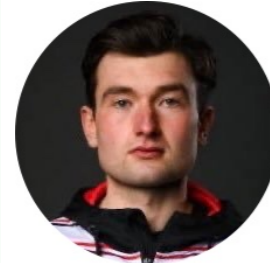


Planning Considerations for Session Design



Mind Map Coaching
• Educate • Inform • Inspire •



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Aims & Objectives

Begin with the end in mind

Coaching Philosophy

All coaching staff involved in the session

Ability to Perform

Where are we now? — **Capacity**

How far away are we from where we need to be? — **Capability**

Monitoring & Testing

Variables

Outcome & Focus

Training Day

Drill

Opposition

Training Status

Drill

Session

Individual

Type

Quality

Duration

% Demands

Game

Required

Player Availability

Wellness

**Volume
Intensity
Density**

Recovery & Regeneration — Match-Day +1, +2

Overload & Development — Match-Day -5, -4, -3

Primer & Tapering — Match-Day -2, -1

Next

Previous

Areas of Focus