

NLSA Periodization Template



Team & Month								
Date								
Moment								
Session Type								
Session Objective								
Session Designer								
Session Lead								
Session Support								
Video Link								

NLSA Periodization Template Example



Team & Month	XXXX Girls U13's February							
Date	Mon Xth	Wed Xth	Mon Xth	Wed Xth	Mon Xth	Wed Xth	Mon Xth	Wed Xth
Moment	AO	AO	DO	DO	DT	DT	AT	AT
Session Type	Whole Part Whole	Station Based	Whole Part Whole	Progression Session	Whole Part Whole	Station Based	Whole Part Whole	Progression Session
Session Objective	Passing & Receiving to Play Forward	Passing Angles & Player Support	Pressure to Force Wide	Working to Enhance Covering Angles	Immediate Pressing Upon Loss of Possession	Working on Recovery Runs Upon Loss of Possession	Regaining Possession to Secure the Ball	Player Support after Ball is Secured
Session Designer	Head Coach Insert Name	Head Coach Insert Name	Head Coach Insert Name	Assistant Coach Insert Name	Head Coach Insert Name	Head Coach Insert Name	Head Coach Insert Name	Assistant Coach Insert Name
Session Lead	Head Coach Insert Name	Head Coach Insert Name	Head Coach Insert Name	Assistant Coach Insert Name	Head Coach Insert Name	Head Coach Insert Name	Head Coach Insert Name	Assistant Coach Insert Name
Session Support	Assistant Coach Insert Name	Assistant Coach Insert Name	Assistant Coach Insert Name	Head Coach Insert Name	Assistant Coach Insert Name	Assistant Coach Insert Name	Assistant Coach Insert Name	Head Coach Insert Name
Video Link	No	Insert Link	No	Insert Link	No	Insert Link	No	Insert Link



NLSA Periodization Glossary

Team & Month	Name of Team Being Coached & Name of Appropriate Month
Date	Day and Date of each Session (Add Matches in Accordingly)
Moment	Moments of the Game DO - Defensive Organisation, AO - Attacking Organisation, DT - Defensive Transition, AT - Attacking Transition
Session Type	Session Structure and Break Down
Session Objective	Global Theme and Desired Outcome of the Session
Session Designer	Coach Responsible for Creating the Session
Session Lead	Primary Coach to Run and Manage Session
Session Support	Coach to Support Session Lead
Video	Video to Prime Players for Session Objective

* Periodization Template can be edited to suit your needs.

* To download, please visit:

https://docs.google.com/presentation/d/1Dxq5lhMLKbqWqR6Dr_VR6uko22_3YeDO/edit?usp=sharing&ouid=114167863982063205309&rtpof=true&sd=true