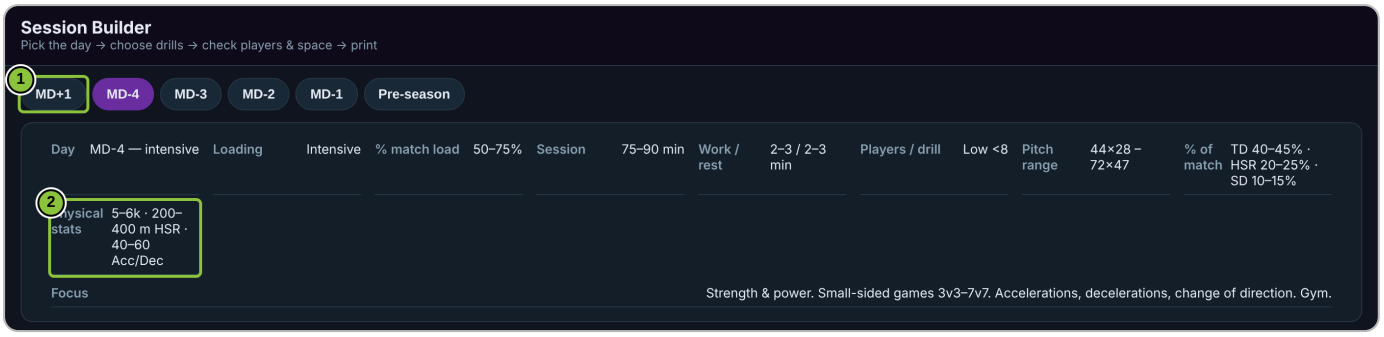
SESSION BUILDER SENIORS

How to use the tool · step by step

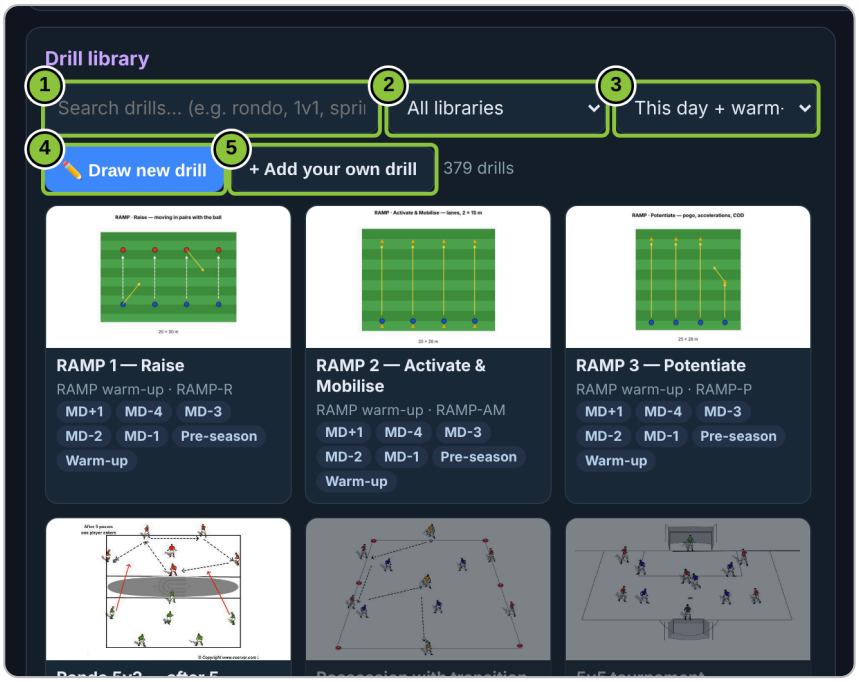
The Session Builder Seniors is for U17–19 and senior teams. You pick the day of the week, choose drills, and the tool checks whether the players and the pitch size suit the load of that day. You can also draw your own drills. Everything is saved **in this browser only**.

1 CHOOSE THE DAY



1. **Day:** choose the day before or after the match (MD+1, MD-4, MD-3, MD-2, MD-1) or Pre-season.
2. The table shows the targets for that day: load, % of match load, session length, work/rest, players per drill, pitch size and physical stats.

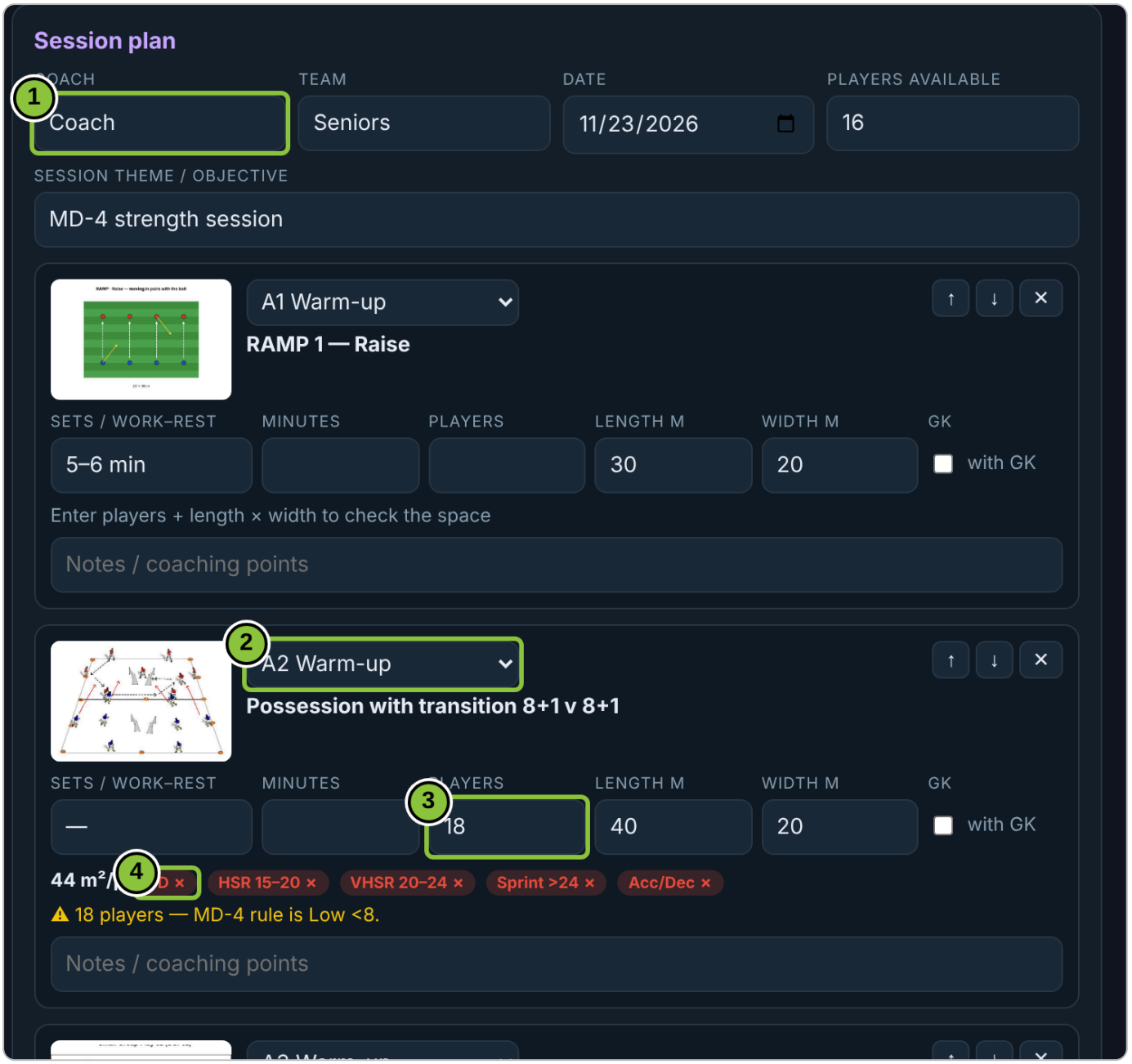
2 FIND A DRILL



1. **Search** by word or code.
2. **Library:** all libraries or only one (RAMP warm-ups, Team games, Speed, …).
3. **Filter:** “This day + warm-ups” shows only drills that fit the chosen day.
4. **Draw new drill:** opens the drawing board (section 6).
5. **+ Add your own drill:** add a drill with a picture or screenshot.

Tap a drill card to open it, choose the part of the session and press **Add to session**.

3 BUILD THE SESSION AND CHECK THE SPACE



1. Fill in **Coach, Team, Date, Players available** and the **session theme**.
2. Choose the **part of the session** for each drill (A1 Warm-up, …).
3. Enter **Sets / work–rest, Minutes, Players, Length, Width** and tick GK if there are goalkeepers.
4. The tool shows the **area per player (m²/pl)** and coloured tags for each load: ✓ **green** = enough space to reach that load, **~ amber** = close, **× red** = the pitch is too small for that load.

> A yellow warning appears when the number of players does not match the rule of the day (e.g. “18 players — MD-4 rule is Low <8”). Area per player = length × width ÷ players.

4 PRINT, SAVE AND BACK UP

1. **Print / PDF:** prints the session on A4 (6 drills per page). Choose “Save as PDF” to get a PDF.
2. **Save session** (asks for a name) and **Load saved**.
3. **Export** downloads your sessions and own drills as one file; **Import** loads it back. Use it as a backup and to move to another computer.
4. **Clear** empties the current session; saved sessions are kept.

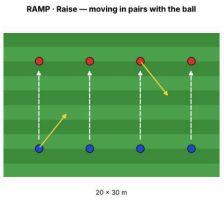
EXAMPLE PRINTOUT

MD-4 STRENGTH SESSION

MD-4 — INTENSIVE

TEAM
Seniors

DATE	COACH	TEAM	PLAYERS	TOTAL TIME
2026-11-23	Coach	Seniors	—	0 min



1. A1 WARM-UP

RAMP 1 — RAISE

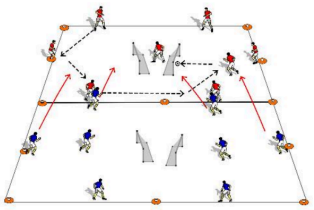
Raise body and muscle temperature, heart rate, blood flow and neural activation, using football movement.

5–6 min · 30 × 20 m

Set-up: 30 × 20 m. Pairs, one ball per pair.

Action: Low-intensity movement with the ball: jog and pass in pairs on the move; receive-turn-pass; side-steps, backward jog, carioca between passes. Finish with a low-intensity rondo 5v2 (2 touches) if time allows.

Key point: Stay relaxed, talk to your partner, move after every pass.



2. A2 WARM-UP

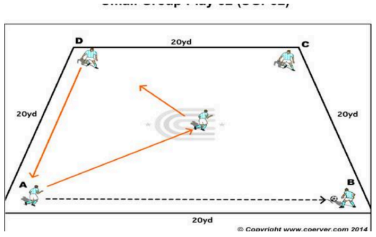
POSSESSION WITH TRANSITION 8+1 V 8+1

Numerical advantage, 10 passes or 1-touch finish in mini goal.

— · 18 players · 40 × 20 m · ApP 44 m²/pl

Set-up: 40 × 20 m

Action: 10 passes = 1 pt or 1-touch finish in mini goal = 1 pt. Only 4 can enter.



3. A3 WARM-UP

SMALL GROUP PLAY 52 (SGP52)

To create movement and 'circulation' of the players, whilst probing the defence and keeping the ball, ready to break out of the pattern into an attack

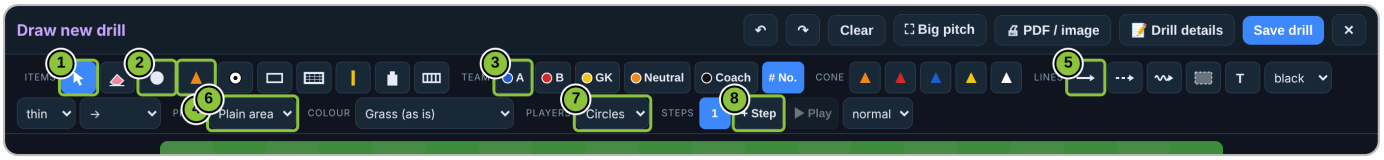
Set-up: 20 x 20 yd square. 4 players, one at each corner.

Action: Player at corner A plays ball to player at corner B and runs into CENTRE of the square. Player at D drops into corner A which is now vacant, at the same time the player who started at A (but is now central) turns and runs to corner D which is vacant. Then player at corner B plays ball to player at corner A and runs to the CENTRE of the square.

Key point: Lean forward on the pass so momentum takes player forward.

SESSION PLAN — 3 drills · 0 min

5 DRAW YOUR OWN DRILL



1. **Select / move:** drag players, cones and balls.
2. **Items:** player, cone, ball, mini-goal, goal, pole, mannequin, ladder. Tap the pitch to place.
3. **Team:** A, B, GK, Neutral or Coach; “# No.” shows or hides numbers.
4. **Cone colour.**
5. **Lines:** solid = pass / ball, dashed = run without ball, wavy = dribble. Also area / zone and text, line colour, thickness and arrowhead.
6. **Pitch:** full pitch, half pitch or plain area, and the pitch colour.
7. **Players:** circles or figures (with stance and facing).
8. **Steps:** “+ Step” saves a position, move the players, then ▶ Play shows the animation.



1. Undo / redo.
2. Clear the board.
3. Big pitch (full screen).
4. PDF / image of the drawing.
5. **Drill details:** name, players, size, text and days.
6. **Save drill:** it appears under “My drills”.

6 DRILL DETAILS



1. **Name** (required).
2. **Players, Length, Width**: needed for the space check.
3. Tick the **days** the drill fits.
4. **Save drill.**

GOOD TO KNOW

- Everything is saved **in this browser on this computer**. Use **Export** regularly.
- Clearing the browser data can delete saved sessions. Export first.
- For the best printout use Chrome or Edge, A4, margins “None”, and tick “Background graphics”.