

My soccer session log

Record the week, the purpose and how the session actually felt.

Week / games / hard team practices / other demanding exercise:

Session purpose and chosen activity (or reason to leave it out):

Planned work / recovery / preparation / finish:

Actual work / recovery / pauses / total duration:

Effort, discomfort and conditions during the session:

How I felt later and before the next session:

One change to review, or a question for a coach / clinician:

☐ I counted the football already in the week.

☐ I reviewed restrictions, symptoms and recent running tolerance.

Planning record, not a validated protocol, diagnosis or exercise clearance.

Stop for concerning symptoms; urgent symptoms need urgent medical help.

Full guide: primeformen.com/soccer-conditioning/