Session Builder

Features list

111 features in 14 areas. Updated November 4, 2026. Each feature links to the step-by-step instructions in the user manual. On/off in Preferences means you can hide it under Account > Preferences.

Getting started and your account 10

Sign in, set up your name and see your plan.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Works in any browser	Runs in Chrome, Edge, Safari or Firefox on a computer, tablet or phone. Nothing to install.	Open www.mysessionbuilder.com	How to use it →
Add to your home screen	Put Session Builder on a phone or tablet home screen so it opens like an app, with its own icon.	Browser Share or menu > Add to Home Screen	How to use it →
Create an account	Sign up with your email and a password; new accounts get a 30-day free trial with no card needed.	Welcome screen > Sign up	How to use it →
Log in	Log in with email and password, or have a sign-in code emailed to you.	Welcome screen > Log in	How to use it →
Passwords	Change your password, or reset a forgotten one by email.	Account > Change password, or Forgot password?	How to use it →
Find your way around	Section tabs across the top, Help, and the Account menu on every page.	Top bar	How to use it →
My name	Your name fills in "Created by" on drills and on everything you print or export.	Account > My name	How to use it →
Language On/off in Preferences	Use Session Builder in your own language; what you type is saved in English and shown to each coach in theirs.	Language button next to Help	How to use it →
Your plan and trial	See how long your trial or free access lasts, subscribe monthly or yearly, and manage billing.	Account > Your plan	How to use it →

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Promo codes	Enter a code for free days, at sign-up, on the plan screen or in Your plan.	Account > Your plan	**How to use it →**

Home page 3

A one-page summary of your coaching week.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Home page On/off in Preferences	Quick actions, your next session and match, this week, availability, last result and recent drills.	Home tab	**How to use it →**
Quick actions On/off in Preferences	One-click buttons for a new drill, drill from a plan or video, a new session and a new match.	Home > Quick actions	**How to use it →**
This week On/off in Preferences	Monday to Sunday at a glance with match-day labels; click a day to open the Planner.	Home > This week	**How to use it →**

Drill board: building a drill 18

Draw a drill on a soccer field.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Drill board	The main page for drawing drills: field, players, arrows and steps.	Board tab	**How to use it →**
Start screen On/off in Preferences	Choose a blank drill, a starter, a template, AI or an existing drill when you open the Board.	Board (opens automatically)	**How to use it →**
Name and Created by	Name each drill and record which coach made it.	Board > drill title	**How to use it →**
Tags On/off in Preferences	Label drills (Rondo, U14, Pressing) and filter the library by tag.	Board > Tags row	**How to use it →**
Field types On/off in Preferences	11v11, 9v9, 7v7, futsal or plain grass, full or half field, with zoom and Fit.	Board > field drop-down	**How to use it →**
Players, goals and balls	Red, blue and neutral players, coach, goals, mini goals, mannequins, balls, cones and bumpers.	Board > Add to the board panel	**How to use it →**
Training equipment On/off in Preferences	Poles, hurdles, ladders, rings, flags and text labels.	Board > Add to the board panel	**How to use it →**

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Formations On/off in Preferences	Place a whole team in a formation such as 4-3-3 in one click.	Board > Formation panel	How to use it →
Select, move, copy and delete	Select one or many items, drag them, copy, rotate or delete.	Board > Move tool and Selected panel	How to use it →
Colors	Recolor players, coach, cones and equipment, for example to match your bibs.	Board > Selected panel > Color	How to use it →
Passes, runs and dribbles	Arrows for passes, runs without the ball and dribbles; bend them left or right.	Board > Draw panel	How to use it →
Shot and freehand drawing On/off in Preferences	Shot arrows and freehand lines for any shape.	Board > Draw panel > Shot, Draw	How to use it →
Areas On/off in Preferences	Shaded rectangles that show where a drill is played.	Board > Draw panel > Area	How to use it →
Area grids On/off in Preferences	Split an area into squares, thirds, channels or halves.	Select an area > Grid	How to use it →
Measure tool On/off in Preferences	Distance lines with their length written on them, in yards.	Board > Draw panel > Measure	How to use it →
Undo	Take back changes one at a time.	Board > Undo, or Ctrl+Z	How to use it →
Keyboard shortcuts On/off in Preferences	Keys for tools, play, steps and delete, with a reminder panel.	Board > Keyboard shortcuts panel	How to use it →
Fold up side panels	Minimize any panel on the right to make room for the field.	Click a panel title	How to use it →

Drill board: steps, plan and media 13

Animate the drill and write it up.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Steps and animation	Split a drill into steps that play as an animation; add, copy, reorder and delete steps.	Board > timeline under the field	How to use it →
Step timing On/off in Preferences	Make the move after any step faster or slower, or pause on a step.	Board > click a step number > timing	How to use it →

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Activity plan On/off in Preferences	Objective, players, area, work and rest, reps and sets, scoring, rules, constraints and coaching points.	Board > under the timeline	How to use it →
Other notes On/off in Preferences	A free text box for setup, progressions and equipment lists.	Board > Other notes panel	How to use it →
Videos and photos On/off in Preferences	Attach YouTube or Vimeo videos and photos to a drill; they show on share links and sheets.	Board > Videos and photos panel	How to use it →
Save and open drills	Save to the club library, open, copy and delete drills.	Board > Save drill, File menu	How to use it →
Who can see a drill On/off in Preferences	Drills are private until you share them with a team's coaches, a club, or every coach.	Button next to Save drill	How to use it →
Ask who can see a drill when saving On/off in Preferences	On a team or in a club? Save drill checks each time whether the drill is just for you, your team's coaches, your club or every coach.	Board > Save drill	How to use it →
Clubs and teams On/off in Preferences	Start or join a club, invite assistant coaches to a team, and manage members with join codes.	Account > Clubs and teams	How to use it →
Club logos On/off in Preferences	With a club logo, every way you share a drill (PDF, picture, GIF, video, share link, drill page, present, copied plan) shows the club's logo large, with the club's name, team and coach.	Account > Clubs and teams > Add logo	How to use it →
Drill library panel On/off in Preferences	Your drills and the starters beside the board, one click to open.	Board > Drill library panel	How to use it →
Starter drills On/off in Preferences	Ready-made example drills: rondos, passing patterns, goalkeeper drills and more.	Library > Starter drills	How to use it →
Drill templates On/off in Preferences	Save a drill setup as a template and start new drills from it.	File > Save this drill as a template	How to use it →

Build drills with AI 4

Let AI draw the drill for you, then check and adjust it.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Drill from an activity plan On/off in Preferences	AI sets up the field, players and every step from a written plan.	Board > Build drill from plan, or File > Activity plan (AI)	How to use it →

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Drill from a YouTube clip On/off in Preferences	AI watches a public YouTube clip and turns it into a drill.	File > YouTube clip (AI), or Home > Drill from a video	**How to use it →**
Drill from a reel or video file On/off in Preferences	AI reads an Instagram reel or a video file you upload.	File > Instagram reel or video file (AI)	**How to use it →**
AI tips	How to get better results and fix what AI gets wrong.	Manual	**How to use it →**

Share and export 11

Get drills to players, parents and other coaches.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Drill share links On/off in Preferences	A link players can open without logging in, with the animation and plan.	Share > Share link for players	**How to use it →**
Passwords and last days on links On/off in Preferences	Lock any share link with a password, a last day, or both.	Share link box > Password, Last day	**How to use it →**
My share links On/off in Preferences	Everything you've shared in one list, with Copy link, Turn off and Turn off all.	Account > My share links	**How to use it →**
Present full screen On/off in Preferences	Show a drill big on a tablet or TV with its coaching points.	Share > Present full screen, or Library > Present	**How to use it →**
GIF export On/off in Preferences	An animated GIF for texts and team chats.	Share > Export > Animated GIF	**How to use it →**
Video export On/off in Preferences	An MP4 video for Instagram and presentations.	Share > Export > Video (.mp4)	**How to use it →**
Picture export On/off in Preferences	A sharp PNG picture of one step.	Share > Export > Picture (.png)	**How to use it →**
PDF drill sheet On/off in Preferences	A branded PDF with every step, the activity plan and coaching points.	Share > Export > Drill sheet (.pdf)	**How to use it →**
Drill page export On/off in Preferences	A standalone .html drill page you can email or host.	Share > Export > Drill page (.html)	**How to use it →**

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Drill files and import On/off in Preferences	Export a .json drill file and import files other coaches send you.	Share > Export > Drill file (.json); File > Drill file (.json)	How to use it →
Copy activity plan On/off in Preferences	Copy the plan and step notes as text to paste anywhere.	Share > Export > Copy activity plan	How to use it →

Library 4

Browse, organize and find drills.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Library page On/off in Preferences	Every drill as a card with a picture: yours, other coaches' and starters.	Library tab	How to use it →
Folders On/off in Preferences	Make your own folders, such as U14 or Pre-season, and move drills into them.	Library > + New folder	How to use it →
Favorites On/off in Preferences	Star drills to find them fast.	Library > card > star	How to use it →
Search and sort On/off in Preferences	Search by name, coach or tag; sort by recent, name or coach.	Library > Search, Sort	How to use it →

Planner 12

Plan training sessions on a weekly calendar.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Planner On/off in Preferences	A weekly calendar of training sessions and matches.	Planner tab	How to use it →
Training sessions On/off in Preferences	Date, time, team, focus and a list of drills and breaks with a running total.	Planner > + Session	How to use it →
Activities: drills and breaks On/off in Preferences	Add drills from the library, breaks and water stops, with minutes for each.	Session > + Add drill, + Break	How to use it →
Session intensity On/off in Preferences	Mark each session low, medium or high.	Session > Intensity	How to use it →

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Add this drill to a session On/off in Preferences	Send the drill you're building straight into a session.	Board > File > Add this drill to a session	How to use it →
Session templates On/off in Preferences	Save a session as a template and start new sessions from it.	Planner > Templates; Session > Save as template	How to use it →
Session attendance On/off in Preferences	Mark each player present, late or absent inside the session.	Session > Attendance	How to use it →
Session sheets On/off in Preferences	Print or save a one-page session plan with drill diagrams.	Session > Print	How to use it →
Session share links On/off in Preferences	Players and assistants open a session and its drills without logging in.	Session > Share link	How to use it →
Session reflections On/off in Preferences	After a session, rate it 1 to 5 stars and note what worked, what didn't and what you'll do next time.	Session > Reflection	How to use it →
Coaching journal On/off in Preferences	Read all your reflections by team and period, and print them.	Planner > Journal	How to use it →
Match-day labels On/off in Preferences	Each day is counted from the nearest match: MD-2, MD-1, MD, MD+1.	Planner and Home	How to use it →

Match day 6

Plan, record and review matches.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Match day On/off in Preferences	Matches in the Planner with details, lineup, result, minutes and evaluation.	Planner > + Match day	How to use it →
Match details On/off in Preferences	Opponent, date, kick-off, location, home or away, competition and availability.	Match > Details	How to use it →
Lineup On/off in Preferences	Pick a formation and a player for each position, or auto-fill from positions; print a team sheet.	Match > Lineup	How to use it →
Result and minutes On/off in Preferences	Score, goals with scorers and assists, substitutions and minutes played.	Match > Result and minutes	How to use it →

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Match evaluation On/off in Preferences	Star ratings by phase of play, 1 to 10 player ratings and match notes.	Match > Evaluation	How to use it →
Match report On/off in Preferences	A printable report with lineup, goals, subs, ratings and the player table.	Match > Match report	How to use it →

Team 10

Your roster, availability and season.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Team page On/off in Preferences	Rosters with numbers, positions and private coach notes; several teams per coach.	Team tab	How to use it →
Create a team On/off in Preferences	Add a team with its name and season.	Team > Create a team	How to use it →
Add players On/off in Preferences	Add players one at a time or paste a whole list.	Team > Roster	How to use it →
Import a roster On/off in Preferences	Bring players in from an Excel or CSV file, matching its columns to name, number, positions and availability.	Team > Roster > Import from Excel or CSV	How to use it →
Starting lineup On/off in Preferences	Drag players from the roster onto a full field to set the starting lineup and formation, swap them, or move their spots. Shared with the team's coaches; new match days start from it.	Team > Lineup	How to use it →
Save and share lineups On/off in Preferences	Keep named lineups for each team and share one like a drill: a link for players and parents (with optional password and last day), a picture, a printout or PDF, or text.	Team > Lineup > Save lineup / Share	How to use it →
Availability On/off in Preferences	Available, injured, away or unavailable, with a note; shows on Home, sessions and matches.	Team > Roster > Availability	How to use it →
Attendance On/off in Preferences	A grid of every session with each player's attendance rate.	Team > Attendance	How to use it →
Season stats On/off in Preferences	Attendance, appearances, minutes, goals, assists, ratings and the team's record.	Team > Season stats	How to use it →

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Head and assistant coaches On/off in Preferences	Share a team with other coaches: invite them with a code, choose the head coach and assistant coaches, and make team admins. Every coach sees the roster, availability, development and the team's sessions.	Team > Coaches	How to use it →

Player development 5

Track how each player improves.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Player development On/off in Preferences	Each player's latest ratings in technical, tactical, physical and mental areas.	Team > Development	How to use it →
Reviews On/off in Preferences	Dated reviews with ratings and comments.	Player profile > + New review	How to use it →
Player goals On/off in Preferences	Targets for the player to work on, with an optional date, ticked off when achieved.	Player profile > Goals	How to use it →
Progress chart On/off in Preferences	A line chart of each area across the season.	Player profile	How to use it →
Share with the player On/off in Preferences	A private link to the player's own development page.	Player profile > Share	How to use it →

Game model 3

The club's way of playing, written down.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Game model On/off in Preferences	Vision, formations and principles for each phase of play, linked to drills.	Game model tab	How to use it →
Game model coverage On/off in Preferences	Tick the principles each session trains and see which ones are being missed.	Session > Principles; Game model > Coverage	How to use it →
Edit the game model On/off in Preferences	Admins write the club's vision, formations and principles.	Game model > Edit (admins)	How to use it →

Preferences, help and safety net 5

Make Session Builder yours and get help.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Preferences	Turn any feature on or off with a switch, so you only see what you use.	Account > Preferences	**How to use it →**
Recycle bin On/off in Preferences	Restore deleted drills, sessions, matches, players and teams for 30 days.	Account > Recycle bin	**How to use it →**
User manual	A searchable step-by-step manual with pictures, inside the app.	Help > User manual	**How to use it →**
Help buttons On/off in Preferences	A ? button on each page, panel and window that opens the matching manual section.	? next to titles	**How to use it →**
Features list On/off in Preferences	This list: every feature with a link to its manual section, also as a PDF.	Help > Features list	**How to use it →**

Admin tools 7

For club admins who run Session Builder.

FEATURE	WHAT IT DOES	WHERE TO FIND IT	USER MANUAL
Members and free access	See every account's plan; give free time, reset or end access.	Account > Members and promo codes	**How to use it →**
Create member accounts On/off in Preferences	Make an account for a coach with a 30-day trial or free forever, by password or invitation.	Members > + New member	**How to use it →**
Promo codes (admin)	Create codes for free days, with a use limit and a last day.	Members > Promo codes	**How to use it →**
Prices	Set the prices shown on the plan cards.	Members > Prices	**How to use it →**
Prepare languages	Translate the app, manual and features list ahead of time so coaches get their language instantly.	Members > Languages	**How to use it →**
Starter drills for everyone On/off in Preferences	Edit or add starter drills that every coach sees.	Open a starter > Save for everyone	**How to use it →**
Club game model On/off in Preferences	Edit the game model every coach reads.	Game model > Edit	**How to use it →**