



Bartlesville Bruin Soccer



Varsity & JV Practice Lesson Plan

Session Topic: Scrimmage Secondary Topic: Systems of Play

Monday, January 16, 2012

| Time | Drill | Coaching Points | Equipment | Field |
|------|---|---|-----------|------------|
| 2:30 | Nordic Warm Up | Dynamic Stretch | N/A | Sideline |
| 2:45 | <i>(Intro)</i> Description: Pass and Move Shots Keep Away | Tactics Discussion | Targets | Half Field |
| 2:45 | <i>(Transition)</i> N/A Description: | N/A | N/A | N/A |
| 3:00 | <i>(Game)</i> Full Field Scrimmage Description: Working on the basic systems of play: 4-3-3 4-2-3-1 4-4-2 | Tactical Awareness Team Shape in Attack Team Shape in Defense Breakdowns | Targets | Full Field |
| 4:45 | <i>(Cooldown)</i> Description: Jog/Stretch Game breakdown | Formation Technical Tactical | N/A | Open |

Practice Notes: [Practice Schedule on Website](#)

Announcements: [Click here to enter text.](#)



Bartlesville Bruin Soccer



Varsity & JV Practice Lesson Plan

Session Topic: Coerver Basics Secondary Topic: Fitness

Tuesday, January 17, 2012

| Time | Drill | Coaching Points | Equipment | Field |
|------|--|--|--------------------------|---|
| 2:30 | Nordic Warm Up | Dynamic Stretch | N/A | Sideline |
| 2:45 | (Intro) Coerver Call Out/Combinations Description: 1. Feint 2. Scissor 3. Step-Over 4. Crufty (+) | Technical Precision Spatial Awareness Vision | Targets Cones Ball | 20x20 (x2) |
| 3:15 | Stations (5 min 2 sets) Description: Station 1: Cone Dribbling Station 2: Gates (Triangle) Station 3: 1 v 1 Take On (3 grids, 5x7) Station 4: Dribble to score Scrimmage (can only pass backward) | Technique Vision Spatial Awareness Dribble to beat Opponent | Targets Cones Ball | Station 1: Cones Station 2: 20x20 Station 3: 5x7 (3x) Station 4: 20x30 |
| 4:30 | Blue Falcon 35 minutes Description: Group 1: Run (Intermediate) Group 2: Core (Crunches, 6-inches, Push-Ups etc.) Group 3: Ball Work (Toe Taps, Foundations, Push Pull etc.) | Fitness | N/A | Half Field |
| 5:00 | <i>(Cooldown)</i> Follow the Leader Description: Divide into 8 groups, each group has a leader and they follow his movements. | N/A | N/A | Open |

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Bartlesville Bruin Soccer



Varsity & JV Practice Lesson Plan

Session Topic: Shooting/Finishing Secondary Topic: Fitness

Wednesday, January 18, 2012

| Time | Drill | Coaching Points | Equipment | Field |
|------|--|--|--------------------------|---|
| 2:30 | Nordic Warm Up | Dynamic Stretch | N/A | Sideline |
| 2:45 | Finish/Shoot/Up-hill/ 3 v 3 Description: Start with finishing, then to distance shot, then to up-hill bal then to 3 v 3 time permitting. | Surface of the Foot Surface of the Ball Balance Body Position | Ball Cones Targets | 30x30 2 Goals |
| 3:15 | Stations (4 min x2) Description: Station1: PK's Station 2: 4 Corners (Finishing 1 st Time, Shooting 2 nd Time) Station 3: Uphill Ball Station 4: Check to/Meg/Turn/Shoot | Surface of the Foot Surface of the Ball Balance Body Position | Ball Cones Targets | Station 1: Penalty Box Station 2: 12(+-) 18 (+-) Station 3: |
| 4:15 | Blue Falcon (Distance) 30 minutes Description: Group 1: Run Group 2: Core Group 3: Coerver Call Out (20x 20 Grid) | | | Full Field |
| Time | (Cooldown) Penalty Kicks Description: 4 teams, shootout rules apply, Best of 5 then 1 to 1 | Winning team gets additional rest on B.F. at Thursdays Practice | Ball | PK Dot |

Practice Notes: [Click here to enter text.](#)

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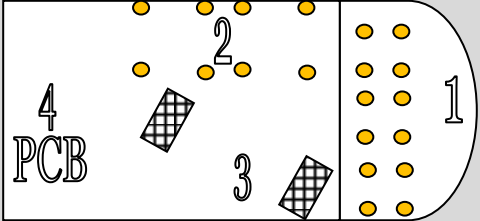
Bartlesville Bruin Soccer



Varsity & JV Practice Lesson Plan

Session Topic: Technical/Tactical Defensive Skills Secondary Topic: Fitness

Thursday, January 19, 2012

| Time | Drill | Coaching Points | Equipment | Field |
|------|--|---|--------------------------|--|
| 2:30 | Nordic Warm Up | Dynamic Stretch | N/A | Sideline |
| 2:45 | 3 Team PCB Description: 2 teams are on either side of grid, 1 team in. Teams on the outside have 4 touches then the ball must enter grid. Play across to targets or team in grid can dispossess and score in like fashion. | Pressure Cover Balance Defensive Shape | Ball Cones Targets | 50 x 30 |
| 3:15 | Stations(4 min. 2 sets) Description: Station 1: 1v1 Station 2: 2v2 Station 3: 3v3 Station 4: PCB  | Pressure Cover Balance Body Shape Communication | Ball Cones Targets | Station 1: 5x10 (3x) Station 2: 10x10 (2x) Station 3: 25x25 Station 4: 30x20 (2x) |
| 4:45 | Blue Falcon (Sprint) 20 minute Description: Group 1: Run Group 2: Up-Downs/Donkey Kicks etc. Group 3: Ball Work/Rest | Fitness | N/A | Cross Field |
| Time | Horseshoes Description: Partner Up, Closest to cone gets a point, 1 st to 11 | Touch | Ball Cones | 20 yards a part |

Practice Notes: [Click here to enter text.](#)

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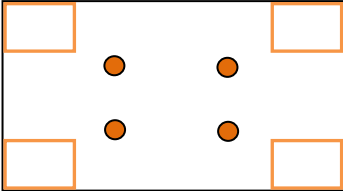
Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Crossing Secondary Topic: Fitness

Friday, January 20, 2012

| Time | Drill | Coaching Points | Equipment | Field |
|------|---|---|--------------------------|--|
| 2:30 | Nordic Warm Up | Dynamic Stretch | N/A | Sideline |
| 2:45 | Passing Square Small & Large Description: Team that loses possession goes on D. Limit Touch  | Communication Weight/Quality of Pass Movement off Ball | Ball Cone Target | 30x30 |
| 3:00 | 3 Team Crossing Grid Description: Divide into 3 teams, 1 team will split and provide crosses, the other teams will be in grid and attack one goal and receive crosses from one side. First team to 5 wins, goals scored directly from cross are worth 2, others are worth 1. | Communication Weight/Quality of Pass Movement off Ball | Ball Cones Targets | Station 1:10x10/7x7/5x5 Station 2: 15x15 Station 3:15 x 15 (2) Station 4: |
| 3:30 | World Cup (Teams of 3) Description: Score, your team advances, team that does not score is eliminated. | Finishing Flighted Balls Body Shape Angle of Deflect | N/A | Track |
| 4:00 | <i>(Cooldown)</i> 5 mile 40 minute run Description: | Endurance | Cones Ball | 10x10 Grid Cone 10/15/20 yards out |

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