

#### Varsity & JV Practice Lesson Plan

Session Topic: <u>Possession</u> Secondary Topic: <u>Fitness Test</u>

Monday, January 23, 2012



Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	3 team Target to 10 Description: Players are divided into 3 teams,	Communication Weight/Quality of Pass Movement off Ball	Ball Cone Target	30x30
3:15	Fitness Test (All Varsity) Description: The group that is waiting will do PK's.	N/A	N/A	N/A
4:30	N/A Description:	N/A	N/A	N/A
4:30	(Cooldown) Description:			



### Varsity & JV Practice Lesson Plan

Session Topic: <u>Techniques in Defense</u> Secondary Topic: <u>Fitness</u>

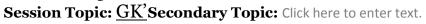




Time	Drill	Coaching Points	Equipment	Field
Time	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	3 Team PCB Description: 2 teams are on either side of grid, 1 team in. Teams on the outside have 4 touches then the ball must enter grid. Play across to targets to score or team in grid can dispossess and score in like fashion.	Pressure Cover Balance Defensive Shape	Ball Cones Targets	50 x 30
3:15	Stations(5 min. 1 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)
4:15	Defend the Grid (2 Sets of 8 minutes) Description: Divide into 6 teams. Teams play keep away to 5 passes once the defending team enters grid. Then must play the ball across to the other team, if the defending team gets possession, they get a free ball into the next grid.  30 yards	Communication Team Shape in Defense P.C.B.	Ball Cones Targets	
4:45	Varsity vs. JV "Chip-n-Catch"  Description: Winning team gets time off on Wednesday Blue Falcon.			



#### Varsity & JV Practice Lesson Plan



Wednesday, January 25, 2012



Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Luitweiler GK Lesson Plan			
Time				
Time	Description:			
Time	(Cooldown) Description:			



#### Varsity & JV Practice Lesson Plan

Session Topic: Scrimmage Secondary Topic: Fitness





Time	Drill	<b>Coaching Points</b>	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:30	Full Field Scrimmage Description: Will set 2 rosters and those teams will play.			
3:45	Freshmen vs. Girls Varsity  Description:  Varsity will go inside and do classroom discussion on the game.			
3:45	JV Blue with Coach Copeland on Grass Field Description:			
Time	(Cooldown) Description:			



Varsity Practice Lesson Plan

Session Topic: Set Pieces Secondary Topic: Corner/Direct/Indirect



#### Friday, January 27, 2012

Time	Drill	<b>Coaching Points</b>	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	3 Man Weave Crossing Description:			Half Field
3:00	Set Piece Basics Offense and Defense Description: Corners, Indirect, Direct, Throw in, Kick-off, Goal Kicks	Timing Vision Communication Organization	Ball Cones Targets	Half Field
4:00	Half Field Offense vs. Defense  Description: Players are put into 2 teams, with regular shape. Ball is restarted by coach. Defense scores on 2 small goals at half, offense scores on regular gaol.	Team Organization Compacting the Space P.C.B		Half Field 3 goals
Time	Coaches Challenge for Conditioning Description:			