



# Bartlesville Bruin Soccer



## Varsity & JV Practice Lesson Plan

Session Topic: Possession      Secondary Topic: Fitness Test

Monday, January 23, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<b>3 team Target to 10</b> Description: Players are divided into 3 teams,	Communication Weight/Quality of Pass Movement off Ball	Ball Cone Target	30x30
3:15	<b>Fitness Test (All Varsity)</b> 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:			

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

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# Bartlesville Bruin Soccer



## Varsity & JV Practice Lesson Plan

Session Topic: Techniques in Defense      Secondary Topic: Fitness

**Tuesday, January 24, 2012**

Time	Drill	Coaching Points	Equipment	Field
Time	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<p><b>3 Team PCB</b>  <b>Description:</b>            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.</p>	Pressure Cover Balance Defensive Shape	Ball Cones Targets	50 x 30
3:15	<p><b>(Stations(5 min. 1 sets)</b>  <b>Description:</b>            Station 1: 1v1            Station 2: 2v2            Station 3: 3v3            Station 4: PCB</p>	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	<p><b>Defend the Grid (2 Sets of 8 minutes)</b>  <b>Description:</b>            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.</p>	Communication Team Shape in Defense P.C.B.	Ball Cones Targets	
4:45	<p><b>Varsity vs. JV "Chip-n-Catch"</b>  <b>Description:</b>            Winning team gets time off on Wednesday Blue Falcon.</p>			

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# Bartlesville Bruin Soccer



## Varsity & JV Practice Lesson Plan

Session Topic: GK Secondary Topic: [Click here to enter text.](#)

Wednesday, January 25, 2012

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

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

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# Bartlesville Bruin Soccer



## Varsity & JV Practice Lesson Plan

Session Topic: Scrimmage      Secondary Topic: Fitness

**Thursday, January 26, 2012**

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

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

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



# Bartlesville Bruin Soccer



## Varsity Practice Lesson Plan

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

Friday, January 27, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<i>3 Man Weave Crossing</i> Description:			Half Field
3:00	<b>Set Piece Basics Offense and Defense</b> Description: Corners, Indirect, Direct, Throw in, Kick-off, Goal Kicks	Timing Vision Communication Organization	Ball Cones Targets	Half Field
4:00	<b>Half Field Offense vs. Defense</b> 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 goal.	Team Organization Compacting the Space P.C.B		Half Field 3 goals
Time	<i>Coaches Challenge for Conditioning</i> Description:			

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

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