Bartlesville Bruin Soccer

Varsity Practice Lesson Plan

Session Topic: Supporting Play   **Secondary Topic:** Strength Training

Monday, January 30, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	*Target to Target (Keep Away)* **Description:** Keep away, score by playing to the target player and then receiving from the target player. GK's are additional Targets	Communication Angle of Support Distance of Support	Balls Cones Targets	(2)
3:15	**Weight room w/ Nordic** **Description:**			
4:15	**Jersey Check-out** **Description:**			
Time	*(Cooldown)* **Description:**			

Practice Notes: 5:45 Pictures   Announcements: Grades and Eligibility

Bartlesville Bruin Soccer

Varsity Practice Lesson Plan

Session Topic: Building Play from the Back   **Secondary Topic:** GK Distribution

Tuesday, January 31, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	**GK+5** **Description:** GK has 5 players w/ 3 balls, player plays the ball to the keepers hands on his command. GK distributes to a different player than played him the ball.	GK Voice Command GK Distribution Tech. Player Anticipation	3 Balls per side 5 yellow 5 Blue	GK 5 5 GK — Half Field
3:00	**GK+5 w/ 1 touch** **Description:** Same as above, except remove 1 ball, this time when the GK distributes, the receiving player must play w/ 1 touch to a linking player	GK Voice Command GK Distribution Tech. GK Vision Linking Player Player Shape	2 Balls per side 5 Yellow 5 Blue	Same as above.
3:15	**GK w/2 D vs 3 O** **Description:** Player play a regular game, when ball is played to GK, on his command of "DOWN", the defending players in his end must take a knee. (When ball crosses into other grid, they get back up) The attacking players may enter and join into attack to give #'s up advantage.	Beat as many w/ pass Linking Player Work up the field	3 v 2 in Grid Ball Targets	Half-Field	GK 3v2 3v2 GK
3:30	Scrimmage **Description:** 4-3-3			

Practice Notes: Click here to enter text.   Announcements: Click here to enter text.

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Session Topic: Switching Field **Secondary Topic:** Click here to enter text.

Wednesday, February 01, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	**4 v 4 +1(4 goal game)** **Description:** Decision making on when to go forward, when to switch. Attacking shape to switch and supporting play to speed up switch.	Decision Making When to Press When to Drop Attacking shape	Balls Cones Targets	15 X 25
3:15	**Weight room with Nordic** **Description:**			
4:00	**Gates** **Description:** Must take the ball through the wide gate before a team can score. 11 v 11, read cues for when to go outside/inside/drop etc. Progression to allow outside back who makes run through the gate to receive ball and score. Remove gate restriction add touch restriction and play. Remove all restrictions.	Vision Movement off Ball Communication Cues of play Speed of Play	Balls Cones Targets	Half Field
5:00	*Jog/Stretch* **Description:**			

Practice Notes: Click here to enter text.   Announcements: Click here to enter text.

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Varsity Practice Lesson Plan

Session Topic: Offense vs. Defense **Secondary Topic:** Duh…Winning!

Thursday, February 02, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	**Defenders 4 goal Game (Coach Link)** **Offense "Point Break"** **Description:** Balls are placed on 4 corners of 18, 2 attackers go in and either 1 touch shot from line or 2 touch turn and shoot.	Communication Angle of Support Finishing Shooting	Ball Cones Targets	60 x 30
3:15	**Offense vs Defense 6 v 6** **Description:** Defenders must stay in the 18 with exception of 1 pressure player. D scores by clearing the ball through outside cones. Offense may have only 3 players in 18, must switch with another player if one enters. 3 on 3 off every loss of possession or when the ball goes out.			40 X 60
4:00	**Half Field Scrimmage** **Description:** Defense score on wide goals or playing to Coach. Offense scores on regular goal. Balls played in by coach from various locations on field.	Compacting the Space Staying "Linked" Timing Runs When to Press/Drop	Cones Targets Ball	Half Field
4:45	**Jog/Stretch** **Description:**			

Practice Notes: Click here to enter text.   Announcements: Click here to enter text.

Bartlesville Bruin Soccer

Varsity Practice Lesson Plan

Session Topic: <u>Set Pieces</u>   **Secondary Topic:** Click here to enter text.

<u>**Friday, February 03, 2012**</u>

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	**Patterns of Play** Description:	Timing Vision Technical Execution	Ball Cones Targets	Half Field
3:15	**Set Pieces and Fitness** Description: Corners Direct Indirect Throw Ins	Timing Vision Surface Conducive to Goal	Ball Cones Targets	Half-Field
4:15	**Phantom Scrimmage** Description: Begin with touch restriction, occasional "Phantom" calls for free kicks, then remove restriction and play.	Reading the Game Execution	Ball Cones Targets	Half Field
Time	**Horse Shoes** Description: Pair off, fist to 11 wins.			2 cones 20 yards apart.

Practice Notes: Click here to enter text.   Announcements: Click here to enter text.