

Varsity Practice Lesson Plan

Secondary Topic: <u>Strength Training</u>



Session Topic: <u>Supporting Play</u> Monday, January 30, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<i>Target to Target (Keep Away)</i> 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: <u>5:45 Pictures</u>

Announcements: Grades and Eligibility



Varsity Practice Lesson Plan



Session Topic: <u>Building Play from the Back</u> Secondary Topic: <u>GK Distribution</u>

### Tuesday, January 31, 2012

Time	Drill	<b>Coaching Points</b>	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<b>GK+5</b> <b>Description:</b> 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
3:00	<b>GK+5 w/ 1 touch</b> <b>Description:</b> 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	<b>GK w/2 D vs 3 O</b> 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	GK 3V2 Half-Field 3V2 GK
3:30	Scrimmage Description: 4-3-3			

Practice Notes: Click here to enter text.



BRUINS B.F.C.

Varsity Practice Lesson Plan Session Topic: <u>Switching Field</u> Secondary Topic: Click here to enter text. <u>Wednesday, February 01, 2012</u>

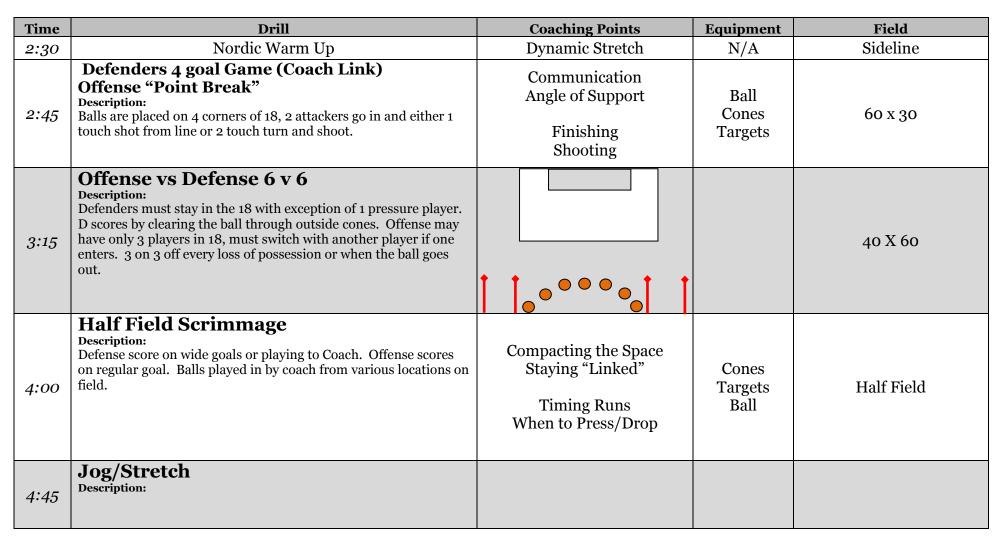
Time	Drill	<b>Coaching Points</b>	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<b>4 v 4 +1(4 goal game)</b> Description: Decision making on when to go forward, when to switch. Attacking shape to switch and supporting play to speed up switch.	Decision Making When to Press When to Drop Attacking shape	Balls Cones Targets	15 X 25
3:15	Weight room with Nordic Description:			
4:00	<b>Gates</b> 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.



Varsity Practice Lesson Plan Session Topic: <u>Offense vs. Defense</u> Secondary Topic: <u>Duh...Winning!</u>

### Thursday, February 02, 2012



Practice Notes: Click here to enter text.



Varsity Practice Lesson Plan



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

#### Friday, February 03, 2012

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	<b>Phantom Scrimmage</b> 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.