



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Possession w/ Purpose Secondary Topic: Getting behind ball

Monday, February 13, 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	Srirmmage Description: Limit Touch 5 yard sprint back after loss of possession			
Time	<i>(Cooldown)</i> Description:			

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

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









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Varsity Practice Lesson Plan

Session Topic: Building out of the back Secondary Topic: GK Distribution

Tuesday, February 14, 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.	<ul style="list-style-type: none"> GK Voice Command GK Distribution Tech. Player Anticipation 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> GK Voice Command GK Distribution Tech. GK Vision Linking Player Player Shape 	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> Beat as many w/ pass Linking Player Work up the field 	<ul style="list-style-type: none"> 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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Varsity Practice Lesson Plan

Session Topic: Wide Play Secondary Topic: Supporting Play

Wednesday, February 15, 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.	<ul style="list-style-type: none"> • Decision Making • When to Press • When to Drop • Attacking shape 	<ul style="list-style-type: none"> • Balls • Cones • Targets 	<p>15 X 25</p>
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.	<ul style="list-style-type: none"> • Vision • Movement off Ball • Communication • Cues of play • Speed of Play 	<ul style="list-style-type: none"> • Balls • Cones • Targets 	<p>Half Field</p>
5:00	Jog/Stretch Description:			

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

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Varsity Practice Lesson Plan

Session Topic: Pre-Game Stillwater Secondary Topic: Speed of Play

Thursday, February 16, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Shooting Grid Description: 2 teams, balls are on alternate corners. Player plays the ball to the person across from them, they lay it back and finish, then move to shooting. Then transition to uphill ball.	<ul style="list-style-type: none"> • Surface of the Foot • Surface of the Ball • Placement over power 	<ul style="list-style-type: none"> • Ball • Cones • Target • Flags 	<ul style="list-style-type: none"> • 40 x 30 • 2 Goals
3:15	Up-hill Drill Description: Player starts with the ball, dribbles around flag, then burst to front post, either scores in near post or plays the ball up hill to teammate. Variations	<ul style="list-style-type: none"> • Patience • Technique • Communicate 	Balls Cones	Same
4:15	3 v 3 Shoot Off Description: 3 players enter to attack, 3 players enter to defend, Play 3v3, all restarts from GK. If a player shoots and it misses all together, they rotate off. If a team gets scored on, they are off.	<ul style="list-style-type: none"> • Shooting • Finishing • Anticipate Shot 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 40x30 • 2 Goals
Time	Lightening Description: Players shoots, if they make, the "GK" is off, then the next player in line is GK. If they miss they are "GK."	<ul style="list-style-type: none"> • Placement • Composure 	<ul style="list-style-type: none"> • Ball • Cones 	<ul style="list-style-type: none"> • Goal • Cone out 30 yards from goal

Practice Notes: N/A

Announcements: N/A

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Varsity Practice Lesson Plan

Session Topic: Scrimmage Secondary Topic: Problem Solving

Friday, February 17, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Scrimmage 1 vs. 2	N/A	N/A	N/A
3:25	Half Time Players make adjustments Discuss/Explain to Coach	Leadership Players as Coaches Communications Solve Problems	N/A	N/A
4:15	2nd Half Coach reinforces adjustments and corrections from player feedback	N/A	N/A	N/A
5:00	Cool down			

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