



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Pre-Game Booker T. Secondary Topic: Speed of Play

Monday, February 20, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description: <ul style="list-style-type: none"> Darby Drills Running Grid Pass and Follow (2 & 1) GK Distribution 6v6v6 Keep Away Criss Cross Shots/2-touch Short-Short-Long 	<ul style="list-style-type: none"> Prepare Physically Prepare Mentally Focus Tactical App 	<ul style="list-style-type: none"> Ball Targets 	<ul style="list-style-type: none"> End Cap Half Field 1 Goal
3:15	Booker T. Game Plan Description: 6 v 6 v 6, 2 teams are in outer grids, 1 team in the middle grid. Teams on the outside have 4 touches to get the ball into the center grid, they score by playing to the team in the across grid. If Defending team gets the ball, they score the same way. Before the team that receives the ball for the point can play to either team, all players from that team must be back in grid. <ul style="list-style-type: none"> Add GK's as outside target, hands if hands, feet if feet. 	<ul style="list-style-type: none"> Communication Pressure/Cover Balance Organization Decision Making Patience 	<ul style="list-style-type: none"> Ball Cones Targets 	<ul style="list-style-type: none"> 10 X 50 20 X 50 10 X 50
3:45	Pre-Game Run Down Description: <ul style="list-style-type: none"> Direct/Indirect- Attacking Direct/Indirect-Defending Corner-Defending Corner-Attacking Penalty Kicks 	<ul style="list-style-type: none"> Immediate Organization Communication Individual Responsibilities 	<ul style="list-style-type: none"> Ball Targets 	<ul style="list-style-type: none"> Half Field
4:30	Breakdown and Discussion Description: <ul style="list-style-type: none"> Leaving time Q&A 	N/A	N/A	N/A

Practice Notes: N/A

Announcements: Bus Leaves BHS 3:15



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Varsity Practice Lesson Plan

Session Topic: Game vs. Booker T. Secondary Topic: [Click here to enter text.](#)

Tuesday, February 21, 2012

Time	Drill	Coaching Points	Equipment	Field
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A

Practice Notes: N/A

Announcements: N/A



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Varsity Practice Lesson Plan

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

Wednesday, February 22, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description: <ul style="list-style-type: none"> • Darby Drills • Running Grid • Pass and Follow (2 & 1) • GK Distribution • 6v6v6 Keep Away • Criss Cross Shots/2-touch Short-Short-Long 	<ul style="list-style-type: none"> • Prepare Physically • Prepare Mentally • Focus • Tactical App 	<ul style="list-style-type: none"> • Ball • Targets 	<ul style="list-style-type: none"> • End Cap • Half Field • 1 Goal
3:15	Claremore Game Plan Description: <ul style="list-style-type: none"> • Separating from mark • Defending Set-Pieces/Throw-Ins • 5v3 Keep Away (2 Touch) • 11 v 11 Keep Away(1-2 Touch) 	<ul style="list-style-type: none"> • Communication • Movement Off Ball • Decision Making 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 15 X 15 • Half Field
3:45	Pre-Game Run Down Description: <ul style="list-style-type: none"> • Direct/Indirect- Attacking • Direct/Indirect-Defending • Corner-Defending • Corner-Attacking • Penalty Kicks 	<ul style="list-style-type: none"> • Immediate Organization • Communication • Individual Responsibilities 	<ul style="list-style-type: none"> • Ball • Targets 	<ul style="list-style-type: none"> • Half Field
4:30	Breakdown and Discussion Description: <ul style="list-style-type: none"> • Leaving time • Q&A 	N/A	N/A	N/A

Practice Notes: N/A

Announcements: Be at field in locker room at 4:55



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Varsity Practice Lesson Plan

Session Topic: Game vs. Claremore Secondary Topic: [Click here to enter text.](#)

Thursday, February 23, 2012

Time	Drill	Coaching Points	Equipment	Field
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A

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

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



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Varsity Practice Lesson Plan

Session Topic: Jog/Stretch Secondary Topic: Game Review B.T.W/Claremore

Friday, February 24, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Jog/Stretch Description: <ul style="list-style-type: none"> • 2 Mile Jog • 1/2 Mile then Stretch 	N/A	N/A	N/A
3:15	Game Review and Discussion Description:	N/A	N/A	N/A
3:30	Game Film Description: <ul style="list-style-type: none"> • Attacking Shape • Defending Shape • Possession • Movement off Ball • Decision Making • 	N/A	N/A	N/A
4:30	Go Home Description:	N/A	N/A	N/A

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

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