

Varsity Practice Lesson Plan





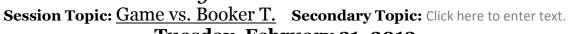


Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description: Darby Drills Running Grid Pass and Follow (2 & 1) GK Distribution 6v6v6 Keep Away Criss Cross Shots/2-touch Short-Short-Long	Prepare PhysicallyPrepare MentallyFocusTactical App	BallTargets	End CapHalf Field1 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. • Add GK's as outside target, hands if hands, feet if feet.	 Communication Pressure/Cover Balance Organization Decision Making Patience 	BallConesTargets	• 10 X 50 • 20 X 50 • 10 X 50
3:45	Pre-Game Run Down Description: • Direct/Indirect- Attacking • Direct/Indirect-Defending • Corner-Defending • Corner-Attacking • Penalty Kicks	 Immediate Organization Communication Individual Responsibilities 	BallTargets	• Half Field
4:30	Breakdown and Discussion Description: Leaving time Q&A	N/A	N/A	N/A

Practice Notes: N/A Announcements: Bus Leaves BHS 3:15



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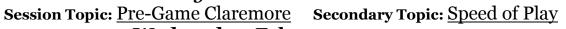
Tuesday, February 21, 2012

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

Practice Notes: N/A Announcements: N/A



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Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description: Darby Drills Running Grid Pass and Follow (2 & 1) GK Distribution 6v6v6 Keep Away Criss Cross Shots/2-touch Short-Short-Long	Prepare PhysicallyPrepare MentallyFocusTactical App	BallTargets	End CapHalf Field1 Goal
3:15	Claremore Game Plan Description: • Separating from mark • Defending Set-Pieces/Throw-Ins • 5v3 Keep Away (2 Touch) • 11 v 11 Keep Away(1-2 Touch)	CommunicationMovement Off BallDecision Making	BallConesTargets	15 X 15Half Field
3:45	Pre-Game Run Down Description: Direct/Indirect- Attacking Direct/Indirect-Defending Corner-Defending Corner-Attacking Penalty Kicks	 Immediate Organization Communication Individual Responsibilities 	BallTargets	• Half Field
4:30	Breakdown and Discussion Description: 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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Session Topic: Game vs. Claremore Secondary Topic: Click here to enter text.





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.



Varsity Practice Lesson Plan





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: • 2 Mile Jog • ½ 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:	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.