



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

Monday, February 27, 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	Generic Game Plan Description: <ul style="list-style-type: none"> • Finishing • Shooting • Up-Hill Ball • 3 v 3 Shoot Off 	<ul style="list-style-type: none"> • Surface of Foot • Surface of Ball • Placement over Power 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 30x40 • 2 Goals
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 in stands at 5:55

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Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Pressure/Cover/Balance Secondary Topic: Transition to Attack

Tuesday, February 28, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	1v1 and 2 v 2 Defending Description: Players are in lines across from one another, one player plays it to the other, once it is touched by the 2 nd they move to defend. Attacker tries to cross line to score; if defender gets the ball they do the same.	<ul style="list-style-type: none"> • Breakdown • Patience • Deny/Delay • Predictable 	<ul style="list-style-type: none"> • Ball • Targets • Cones 	<ul style="list-style-type: none"> • 5x10 • 10x12
3:00	3 v 3 Goals on Diagonal Description: Same start as above but with another player, they play until a team is scored on or 1 minute. The team that scores stays, if neither scores, all new teams.	<ul style="list-style-type: none"> • Stay Goal side • Numbers behind the ball • Switching • Pressure • Defending angles • Zonal Defending 	<ul style="list-style-type: none"> • Ball • Targets • Cones 	<ul style="list-style-type: none"> • 35x35
3:30	P.C.B. (Pressure/Cover/Balance) Description: 4 players across from another 4, 2 targets behind each. Teams must stay in their grid; they score by playing across to target. Targets then play back to score again <ul style="list-style-type: none"> • Limit touch to increase speed of play • Stop/Freeze/Fix • GK recognition and correction 	<ul style="list-style-type: none"> • Pressure • Cover • Balance • Body Position • Communication • Switching • Organize 	<ul style="list-style-type: none"> • Ball • Targets • Cones 	<ul style="list-style-type: none"> • 35 x10
4:00	Scrimmage Description:	<ul style="list-style-type: none"> • All of the above 		

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

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



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Varsity Practice Lesson Plan

Session Topic: High Pressure Defending Secondary Topic: Decision Making

Wednesday, February 29, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	7 v 7 + GK's Description: Player on opposing team plays ball to keepers hand/feet and they start the game. On GK touch, players can move into position. GK must plat to RB or LB.	<ul style="list-style-type: none"> • Pressure (Nearest Player) • Force To Middle • Do not have to win Ball 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 60x60
3:15	8 v 8 + GK's Description: Same as above, only the GK may play to any player. (May remove GK touch for player movement)	<ul style="list-style-type: none"> • Slide as a Unit • Communications • Man/Space Marking • Anticipation to Deny • Quality of Run to Deny 	<ul style="list-style-type: none"> • Ball • Cones • Target 	<ul style="list-style-type: none"> • 60x60
4:00	Scrimmage Description:	<ul style="list-style-type: none"> • Press Together • Team Defending • Anticipate Long Ball • Cues when/where to press 	<ul style="list-style-type: none"> • Ball • Cones • Target 	<ul style="list-style-type: none"> • 60x60
4:30	<i>Jog Stretch</i> Description:			

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

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



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Pre-Game Ponca City Secondary Topic: Speed of Play

Thursday, March 01, 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	Ponca City Game Plan Description: <ul style="list-style-type: none"> • Finishing • Shooting • Up-Hill Ball • 3 v 3 Shoot Off 	<ul style="list-style-type: none"> • Surface of Foot • Surface of Ball • Placement over Power 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 30x40 • 2 Goals
3:45	Pre-Game Run Down Description: <ul style="list-style-type: none"> • Direct/Indirect- Attacking • Direct/Indirect-Defending • Corner-Defending • Corner-Attacking 	<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 in stands at 5:55



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

Friday, March 02, 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.](#)

