

Varsity Practice Lesson Plan

Session Topic: <u>Pre-Game Generic</u> Secondary Topic: <u>Speed of Play</u>

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-UpDescription:• Darby Drills• Running Grid• Pass and Follow (2 & 1)• GK Distribution• 6v6v6 Keep Away• Criss Cross Shots/2-touch Short-Short-Long	 Prepare Physically Prepare Mentally Focus Tactical App 	BallTargets	 End Cap Half Field 1 Goal
3:15	Generic Game Plan Description: • Finishing • Shooting • Up-Hill Ball • 3 v 3 Shoot Off	 Surface of Foot Surface of Ball Placement over Power 	BallConesTargets	 30x40 2 Goals
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: <u>N/A</u>

Announcements: <u>Be in stands at 5:55</u>

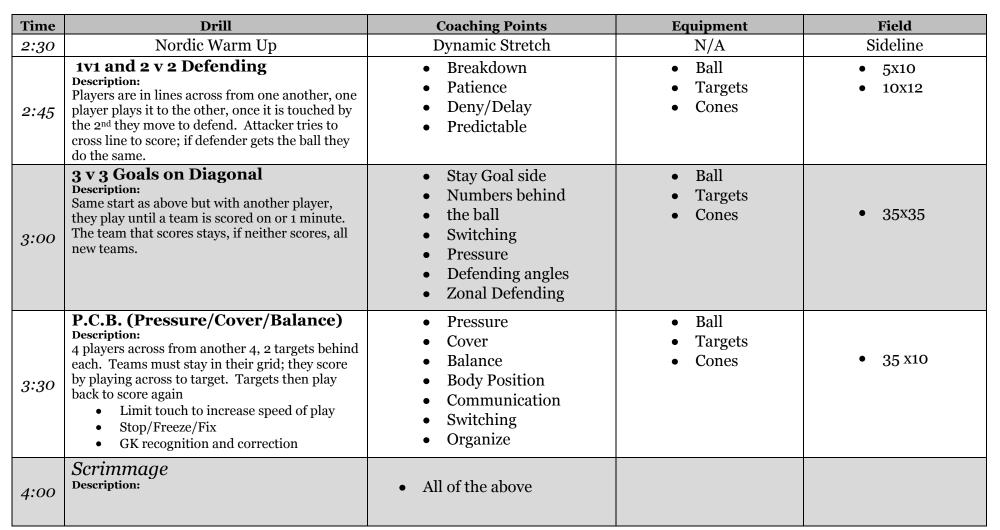
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Varsity Practice Lesson Plan

Session Topic: <u>Pressure/Cover/Balance</u> Secondary Topic: <u>Transition to Attack</u>

Tuesday, February 28, 2012



Practice Notes: Click here to enter text.

Announcements: Click here to enter text.



Varsity Practice Lesson Plan

Session Topic: <u>High Pressure Defending</u> Secondary Topic: <u>Decision Making</u> Wednesday, February 29, 2012

Making

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.	 Pressure (Nearest Player) Force To Middle Do not have to win Ball 	BallConesTargets	• 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)	 Slide as a Unit Communications Man/Space Marking Anticipation to Deny Quality of Run to Deny 	BallConesTarget	• 60x60
4:00	Scrimmage Description:	 Press Together Team Defending Anticipate Long Ball Cues when/where to press 	BallConesTarget	• 60x60
4:30	Jog Stretch Description:			

Practice Notes: Click here to enter text.

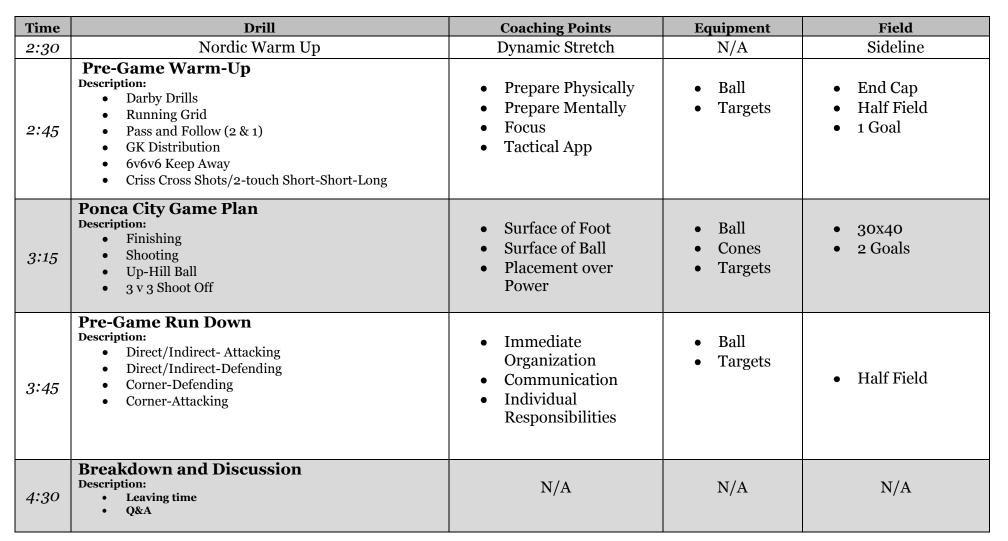
Announcements: Click here to enter text.



Varsity Practice Lesson Plan

Session Topic: <u>Pre-Game Ponca City</u> Secondary Topic: <u>Speed of Play</u>

Thursday, March 01, 2012



Practice Notes: <u>N/A</u>

Announcements: <u>Be in stands at 5:55</u>





Varsity Practice Lesson Plan

Session Topic: <u>Game vs. Ponca City</u> 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.