



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

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

Monday, February 06, 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.	Surface of the Foot Surface of the Ball Placement over power	Ball Cones Target Flags	40 x 30 2 Goals
3:15	Weight room w/ Nordic Description: Strength and Agility Training			
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.	Shooting Finishing Anticipate Shot	Ball Cones Targets	40x30 2 Goals
Time	Lightening Description: Players shoots, if they make, the "GK" is off, then the next player on line is gk. If they miss they are "GK."	Placement Composure	Ball Cones	Goal Cone out 30 yards from goal

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

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



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Scrimmage Secondary Topic: Pre-Game

Tuesday, February 07, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Pre-Game Warm Up	Dynamic Stretch	N/A	Sideline
2:30	Nordic Warm-Up Description: North end of field, end cap. Pass and Follow Keeper warm-up	Focus Stretch Communication	Ball	End Cap
2:45	On Field Description: Pass and Move 3 Team Target Keep Away Shots and long ball	Communication Movement off Ball Linking Play	Ball Targets	1 Goal
3:00	Scrimmage Description: 1 st Half 4-3-3 vs. 4-4-2 2 nd Half 4-2-3-1 vs. 4-4-2	Play	Ball Target	Full field
4:15	Post Game Cool Down Description:	Jog Stretch Talk	N/A	Sideline

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

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



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Defensive Shape Secondary Topic: Fitness

Wednesday, February 08, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Sprint Scrimmage Description: Each time a team loses possession; they must turn and sprint 10 yards towards their goal before applying pressure to the ball.	Getting Behind Ball Fitness Defensive Shape	Target Ball	Full Field
3:15	Weight room w/ Nordic Description: Strength and Agility Training			
4:00	3 Mile 22 minutes Description:	Fitness		Track
4:30	Horseshoes Description:			

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

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



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: High Pressure Defending Secondary Topic: [Click here to enter text.](#)

Thursday, February 09, 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.	Pressure (Nearest Player) Force To Middle Do not have to win Ball	Ball Cones Targets	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	Ball Cones Target	60x60
4:00	Scrimmage Description:	Press Together Team Defending Anticipate Long Ball Cues when/where to press	Ball Cones Target	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: Fitness Secondary Topic: Cope

Friday, February 10, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Captains in Charge Description:			
3:15	Varsity with Coach Copeland/Link Description:			
Time	(Game) Description:			
Time	(Cooldown) Description:			

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

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