



# Bartlesville Bruin Soccer



## Varsity Practice Lesson Plan

Session Topic: Spring Break    Secondary Topic: Pick-Up Games

**Monday, March 19, 2012**

Time	Drill	Coaching Points	Equipment	Field
<i>Time</i>	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
4:00	<i>Scrimmage</i> Description:			
<i>Time</i>	<i>(Transition)</i> Description:			
<i>Time</i>	<i>(Game)</i> Description:			
<i>Time</i>	<i>(Cooldown)</i> Description:			

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

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



# Bartlesville Bruin Soccer



*Choose a Team Practice Lesson Plan*

Session Topic: Spring Break    Secondary Topic: Pick-Up Games

**Tuesday, March 20, 2012**

Time	Drill	Coaching Points	Equipment	Field
<i>Time</i>	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
4:00	<i>Scrimmage</i> Description:			
<i>Time</i>	<i>(Transition)</i> Description:			
<i>Time</i>	<i>(Game)</i> Description:			
<i>Time</i>	<i>(Cooldown)</i> Description:			

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

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



# Bartlesville Bruin Soccer



## Varsity Practice Lesson Plan

Session Topic: Spring Break    Secondary Topic: Pick-Up Games

**Wednesday, March 21, 2012**

Time	Drill	Coaching Points	Equipment	Field
Time	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
4:00	<i>Scrimmage</i> Description:			
Time	<i>(Transition)</i> Description:			
Time	<i>(Game)</i> Description:			
Time	<i>(Cooldown)</i> Description:			

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

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



# Bartlesville Bruin Soccer



## Varsity Practice Lesson Plan

Session Topic: Spring Break    Secondary Topic: Pick-Up Games

Thursday, March 15, 2012

Time	Drill	Coaching Points	Equipment	Field
3:45	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
4:00	<b>Scrimmage</b> Description:			
<i>Time</i>	<i>(Transition)</i> Description:			
<i>Time</i>	<i>(Game)</i> Description:			
<i>Time</i>	<i>(Cooldown)</i> Description:			

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

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



# Bartlesville Bruin Soccer



## Varsity Practice Lesson Plan

Session Topic: No Scrimmage Secondary Topic: [Click here to enter text.](#)

**Friday, March 23, 2012**

Time	Drill	Coaching Points	Equipment	Field
Time	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
Time	<i>(Intro)</i> Description:			
Time	<i>(Transition)</i> Description:			
Time	<i>(Game)</i> Description:			
Time	<i>(Cooldown)</i> Description:			

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

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

