

Varsity Practice Lesson Plan



Session Topic: <u>Building out of the Back</u> Secondary Topic: <u>Gk Distribution</u>

Monday, March 26, 2012

Time	Drill	Coaching Points	Equipment]	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline	
2:45	GK+5 Description: GK has 5 players w/ 3 balls, player plays the ball to the keepers hands on his command. GK distributes to a different player than played him the ball.	 GK Voice Command GK Distribution Tech. Player Anticipation 	 3 Balls per side 5 yellow 5 Blue 	GK 5 5 GK	• Half Field
3:00	GK+5 w/ 1 touch Description: Same as above, except remove 1 ball, this time when the GK distributes, the receiving player must play w/ 1 touch to a linking player	 GK Voice Command GK Distribution Tech. GK Vision Linking Player Player Shape 	 2 Balls per side 5 Yellow 5 Blue 	Same	as above.
3:15	GK w/2 D vs 3 O Description: Player play a regular game, when ball is played to GK, on his command of "DOWN", the defending players in his end must take a knee. (When ball crosses into other grid, they get back up) The attacking players may enter and join into attack to give #'s up advantage.	 Beat as many w/ pass Linking Player Work up the field 	 3 v 2 in Grid Ball Targets 	Half-Field	GK 3v2 3v2 GK
3:30	Scrimmage Description: 4-3-3				

Practice Notes: Click here to enter text.



Varsity Practice Lesson Plan Session Topic: <u>PCB</u> Secondary Topic: <u>Transition</u> **Tuesday, March 27, 2012**



Time	Drill	Coaching Points	Equipment	Field
Time	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
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.	Breakdown Patience Deny/Delay Predictable	Ball Targets Cones	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.	Stay Goal side Numbers behind the ball Switching Pressure Defending angles Zonal Defending	Ball Targets Cones	35×35
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 Limit touch to increase speed of play Stop/Freeze/Fix GK recognition and correction 	Pressure Cover Balance Body Position Communication Switching Organize	Ball Targets Cones	35 x10

Practice Notes: Click here to enter text.



Varsity Practice Lesson Plan

Secondary Topic: Speed of Play

Session Topic: <u>Pre-Game Bronco Cup</u> Wednesday, March 28, 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 CapHalf Field1 Goal
3:15	Bronco Cup Game Plan Description: • Separating from mark • Defending Set-Pieces/Throw-Ins • 5v3 Keep Away (2 Touch) • 11 v 11 Keep Away(1-2 Touch)	 Communication Movement Off Ball Decision Making 	BallConesTargets	15 X 15Half Field
3:45	Pre-Game Run Down Description: Direct/Indirect- Attacking Direct/Indirect-Defending Corner-Defending Corner-Attacking 	 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: Leave back lot at BHS @ 5:45

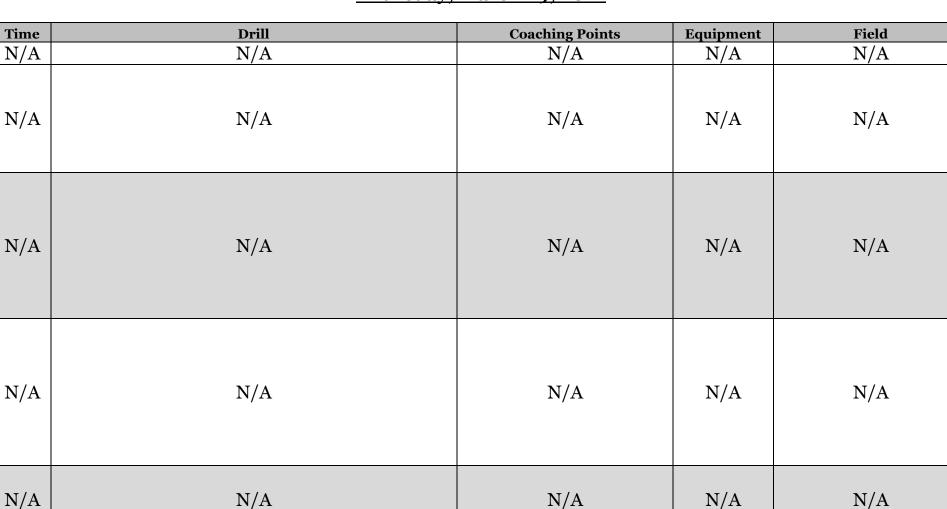




Varsity Practice Lesson Plan

Session Topic: <u>Bronco Cup</u> Secondary Topic: Click here to enter text.

Thursday, March 29, 2012



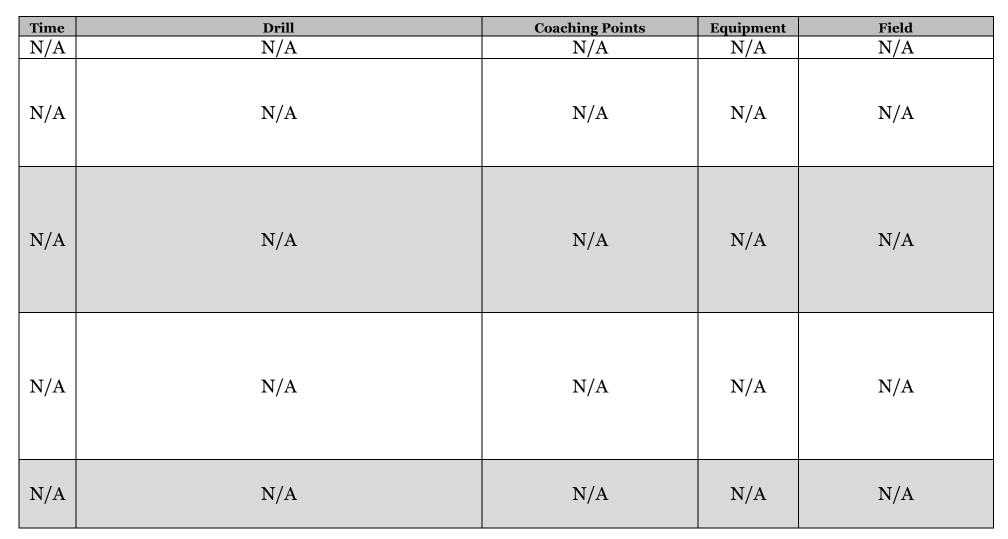
Practice Notes: Click here to enter text.



Varsity Practice Lesson Plan

Session Topic: <u>Bronco Cup</u> Secondary Topic: Click here to enter text.

Friday, March 30, 2012



Practice Notes: Click here to enter text.