









Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Building out of the Back Secondary Topic: Gk Distribution

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.	<ul style="list-style-type: none"> GK Voice Command GK Distribution Tech. Player Anticipation 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> GK Voice Command GK Distribution Tech. GK Vision Linking Player Player Shape 	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> Beat as many w/ pass Linking Player Work up the field 	<ul style="list-style-type: none"> 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.](#)

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



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: PCB Secondary Topic: Transition

Tuesday, March 27, 2012

Time	Drill	Coaching Points	Equipment	Field
<i>Time</i>	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	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 	Pressure Cover Balance Body Position Communication Switching Organize	Ball Targets Cones	35 x10

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

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



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Pre-Game Bronco Cup Secondary Topic: Speed of Play

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-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	Bronco Cup Game Plan Description: <ul style="list-style-type: none"> • Separating from mark • Defending Set-Pieces/Throw-Ins • 5v3 Keep Away (2 Touch) • 11 v 11 Keep Away(1-2 Touch) 	<ul style="list-style-type: none"> • Communication • Movement Off Ball • Decision Making 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 15 X 15 • Half Field
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: Leave back lot at BHS @ 5:45



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

Thursday, March 29, 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.](#)



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

Friday, March 30, 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.](#)

