



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

Monday, March 05, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Target to Target (Keep Away) Description: Keep away, score by playing to the target player and then receiving from the target player. GK's are additional Targets	Communication Angle of Support Distance of Support	Balls Cones Targets	(2)
3:15	Weight room w/ Nordic Description:			
4:15	Srimage Description: Limit Touch 5 yard sprint back after loss of possession			
Time	<i>(Cooldown)</i> Description:			

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

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



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Tuesday, March 06, 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 	
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 	
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 	
3:30	Scrimmage Description: 4-3-3			

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Wednesday, March 07, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	4 v 4 +1(4 goal game) Description: Decision making on when to go forward, when to switch. Attacking shape to switch and supporting play to speed up switch.	<ul style="list-style-type: none"> Decision Making When to Press When to Drop Attacking shape 	<ul style="list-style-type: none"> Balls Cones Targets 	 15 X 25
3:15	Weight room with Nordic Description:			
4:00	Gates Description: Must take the ball through the wide gate before a team can score. 11 v 11, read cues for when to go outside/inside/drop etc. Progression to allow outside back who makes run through the gate to receive ball and score. Remove gate restriction add touch restriction and play. Remove all restrictions.	<ul style="list-style-type: none"> Vision Movement off Ball Communication Cues of play Speed of Play 	<ul style="list-style-type: none"> Balls Cones Targets 	 Half Field
5:00	Jog/Stretch Description:			

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



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Varsity Practice Lesson Plan

Session Topic: Pre-Game Stillwater Secondary Topic: Speed of Play

Thursday, March 08, 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	Stillwater Game Plan Description: <ul style="list-style-type: none"> • Finishing • Shooting • Up-Hill Ball • 3 v 3 Shoot Off 	<ul style="list-style-type: none"> • Surface of Foot • Surface of Ball • Placement over Power 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 30x40 • 2 Goals
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 BHS @ 2:15

[_Click here to enter text.](#)



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Choose a Team Practice Lesson Plan

Session Topic: Game at Stillwater **Secondary Topic:** Game Film

[Click here to enter a date.](#)

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
N/A	N/A	N/A	N/A	N/A

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