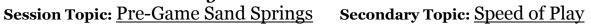


#### Varsity Practice Lesson Plan







Time	Drill	<b>Coaching Points</b>	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description:  Darby Drills Running Grid Pass and Follow (2 & 1) GK Distribution  6v6v6 Keep Away Criss Cross Shots/2-touch Short-Short-Long	<ul><li>Prepare Physically</li><li>Prepare Mentally</li><li>Focus</li><li>Tactical App</li></ul>	<ul><li>Ball</li><li>Targets</li></ul>	<ul><li>End Cap</li><li>Half Field</li><li>1 Goal</li></ul>
3:15	Sand Springs Game Plan Description:  • Finishing • Shooting • Up-Hill Ball • 3 v 3 Shoot Off	<ul><li>Surface of Foot</li><li>Surface of Ball</li><li>Placement over Power</li></ul>	<ul><li>Ball</li><li>Cones</li><li>Targets</li></ul>	• 30x40 • 2 Goals
3:45	Pre-Game Run Down Description:  • Direct/Indirect- Attacking • Direct/Indirect-Defending • Corner-Defending • Corner-Attacking	<ul> <li>Immediate Organization</li> <li>Communication</li> <li>Individual Responsibilities</li> </ul>	<ul><li>Ball</li><li>Targets</li></ul>	• Half Field
4:30	Breakdown and Discussion  Description:  Leaving time Q&A	N/A	N/A	N/A

Practice Notes: N/A Announcements: Be in stands at 5:55

\_Click here to enter text.



### Varsity Practice Lesson Plan

Session Topic: Game at Sand Springs Session Topic:

**Secondary Topic:** Click here to enter text.

Tuesday, April 17, 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.



### Varsity Practice Lesson Plan

Session Topic: <u>Jog/Stretch</u> Secondary Topic: <u>Game Film</u>

Wednesday, April 18, 2012

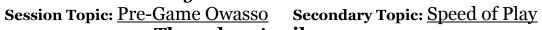


Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Jog/Stretch Description:  • 2 Mile Jog • ½ Mile then Stretch	N/A	N/A	N/A
3:15	Game Review and Discussion Description:	N/A	N/A	N/A
3:30	Game Film  Description:	N/A	N/A	N/A
4:30	Go Home Description:	N/A	N/A	N/A

Practice Notes: Click here to enter text. Announcements: Click here to enter text.



#### Varsity Practice Lesson Plan







Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description:	<ul><li>Prepare Physically</li><li>Prepare Mentally</li><li>Focus</li><li>Tactical App</li></ul>	<ul><li>Ball</li><li>Targets</li></ul>	<ul><li>End Cap</li><li>Half Field</li><li>1 Goal</li></ul>
3:15	Owasso Game Plan Description:  • Finishing • Shooting • Up-Hill Ball • 3 v 3 Shoot Off	<ul><li>Surface of Foot</li><li>Surface of Ball</li><li>Placement over Power</li></ul>	<ul><li>Ball</li><li>Cones</li><li>Targets</li></ul>	• 30x40 • 2 Goals
3:45	Pre-Game Run Down Description:  Direct/Indirect- Attacking Direct/Indirect-Defending Corner-Defending Corner-Attacking	<ul> <li>Immediate Organization</li> <li>Communication</li> <li>Individual Responsibilities</li> </ul>	<ul><li>Ball</li><li>Targets</li></ul>	• Half Field
4:30	Breakdown and Discussion  Description:  Leaving time Q&A	N/A	N/A	N/A

Practice Notes: <u>N/A</u> Announcements: <u>Be in stands at 5:55</u>



Choose a Team Practice Lesson Plan

Session Topic: Game at Owasso Secondary Topic: Click here to enter text.

Friday, April 20, 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.