



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Pre-Game Sand Springs Secondary Topic: Speed of Play

Monday, April 16, 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	Sand Springs 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: Be in stands at 5:55

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Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Game at Sand Springs 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.](#)



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Jog/Stretch Secondary Topic: Game Film

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: <ul style="list-style-type: none"> • 2 Mile Jog • 1/2 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: <ul style="list-style-type: none"> • Attacking Shape • Defending Shape • Possession • Movement off Ball • Decision Making • 	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.](#)



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

Thursday, April 19, 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	Owasso 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: Be in stands at 5:55



Bartlesville Bruin Soccer



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.](#)