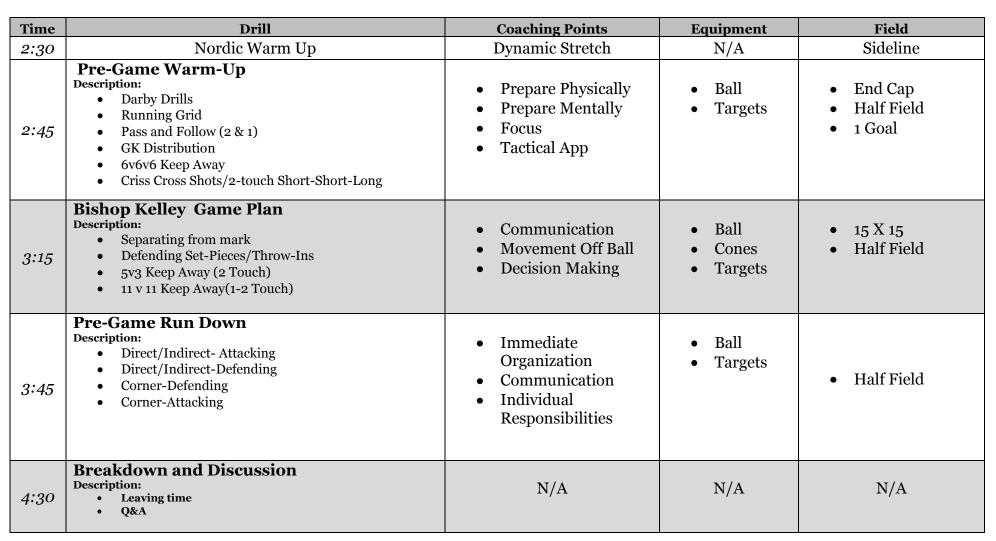


Varsity Practice Lesson Plan

Session Topic: <u>Pre-Game Bishop Kelley</u> Secondary Topic: <u>Speed of Play</u>

#### Monday, April 02, 2012



Practice Notes: <u>N/A</u> Announcements: <u>Leave back lot at BHS @ 5:45</u>



Varsity Practice Lesson Plan



Session Topic: <u>Game at Bishop Kelley</u> Secondary Topic: Click here to enter text.

#### Tuesday, April 03, 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> <u>Wednesday, April 04, 2012</u>



Time	Drill	Coaching Points	Equipment	Field
Time	Drill	<b>Coaching Points</b>	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Jog/Stretch Description: • 2 Mile Jog • <sup>1</sup> / <sub>2</sub> 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: • Attacking Shape • Defending Shape • Possession • Movement off Ball • Decision Making •	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>Pre-Game Choctaw</u> Secondary Topic: <u>Speed of Play</u> <u>Thursday, April 05, 2012</u>



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	<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	<ul> <li>Choctaw Game Plan</li> <li>Description: <ul> <li>Separating from mark</li> <li>Defending Set-Pieces/Throw-Ins</li> <li>5v3 Keep Away (2 Touch)</li> <li>11 v 11 Keep Away(1-2 Touch)</li> </ul> </li> </ul>	<ul><li>Communication</li><li>Movement Off Ball</li><li>Decision Making</li></ul>	<ul><li>Ball</li><li>Cones</li><li>Targets</li></ul>	<ul><li>15 X 15</li><li>Half Field</li></ul>
3:45	<ul> <li>Pre-Game Run Down Description: <ul> <li>Direct/Indirect- Attacking</li> <li>Direct/Indirect-Defending</li> <li>Corner-Defending</li> <li>Corner-Attacking</li> </ul></li></ul>	<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>

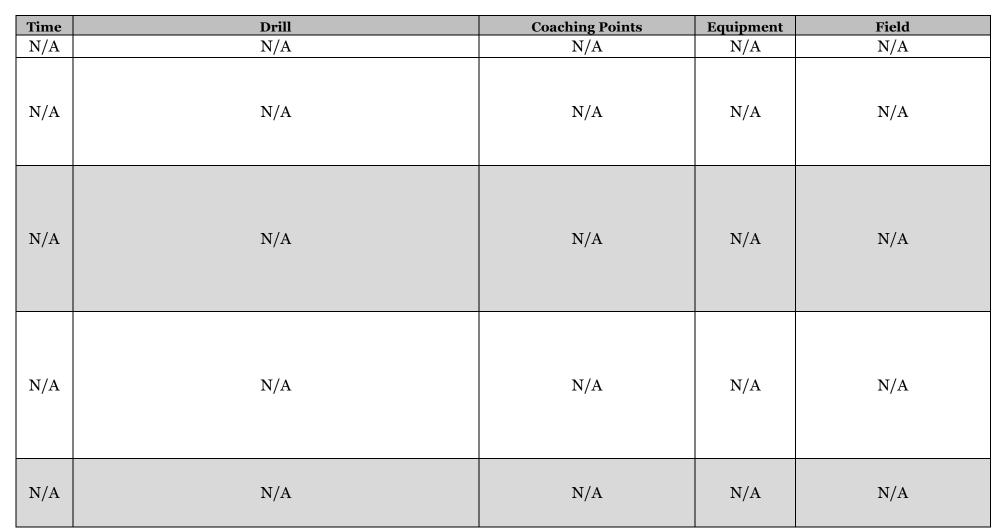
Announcements: <u>Leave back lot at BHS @ 10</u>



Varsity Practice Lesson Plan

Session Topic: <u>Game at Choctaw</u> Secondary Topic: Click here to enter text.

#### Friday, April 06, 2012



Practice Notes: Click here to enter text.

Announcements: Click here to enter text.