



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

Session Topic: Make-Up Game Secondary Topic: Senior Night

Monday, April 23, 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: N/A

Announcements: Be in stands at 5:55



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Varsity Practice Lesson Plan

Session Topic: Jog/Stretch Secondary Topic: Game Review

Tuesday, April 24, 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.](#)



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Varsity Practice Lesson Plan

Session Topic: Team Shape in Transition Secondary Topic: Speed of Play

Wednesday, April 25, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	3 v 3 v 3 Keep Away Description: 3 teams are on field, team that loses possession goes on defense, if a team plays the ball out of bounds they go on defense. <ul style="list-style-type: none"> Limit Touch Increase Space Increase numbers to 6 v 6 v 6 w/GK's 	<ul style="list-style-type: none"> Speed of Play Recognition of Transition Movement off Ball 	<ul style="list-style-type: none"> Balls Cones Targets 	<ul style="list-style-type: none"> 20 x 20 40 x 40
3:15	Scrimmage Description: <ul style="list-style-type: none"> Limit Touch Numbers Up Numbers Down Set Pieces 	<ul style="list-style-type: none"> Speed of Play Switching Point of Attack Numbers back in Defense 	<ul style="list-style-type: none"> Balls Cones Targets 	<ul style="list-style-type: none"> Full Field
4:15	Penalty Kicks Description: From the teams formed above, follow PK procedures as if game ending in tie.	<ul style="list-style-type: none"> Pick your spot KISS Do not over think 	<ul style="list-style-type: none"> Balls Cones 	
4:30	Jog/Stretch Description:			

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

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



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Varsity Practice Lesson Plan

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

Thursday, April 26, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Defenders: Possession into Wide Play Description: <ul style="list-style-type: none"> 4 v 2 Keep Away 4 Goal Game Add to 4-way 			
2:45	Attackers: 4-Way Description: 2 players are inside 18, 1 in the inside arc of the 18. The players inside the grid receive balls from 1 of 4 corners, the ball received from the baseline corner is a 1 touch shot, the ball from the corner is a 2 touch short. Any ball that crosses outside the 18 is in play for the player at the top of the 18 to have a 1 touch shot. Players inside may opt to play the ball to the player at the 18. <ul style="list-style-type: none"> Add Defenders 			
3:15	Offense vs. Defense Description:			
4:15	(Cooldown) Description:			

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

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



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Choose a Team Practice Lesson Plan

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

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

Friday, April 27, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<i>6v6v6</i> Description: Limit touch, 1 if you can 2 if you have to.			
3:00	World Cup w/ defenders Description:			
3:30	<i>Penalty Kicks</i> Description:			
4:00	<i>(Cooldown)</i> Description:			

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

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