

Varsity Practice Lesson Plan

Session Topic: <u>Make-Up Game</u> Secondary Topic: <u>Senior Night</u>





| 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



Varsity Practice Lesson Plan
Session Topic: Jog/Stretch
Secondary Topic: Game Review

Tuesday, April 24, 2012

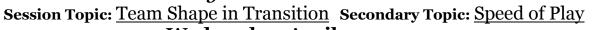


| Time | Drill | Coaching Points | Equipment | Field |
|------|--|-----------------|-----------|----------|
| 2:30 | Nordic Warm Up | Dynamic Stretch | N/A | Sideline |
| 2:45 | Jog/Stretch Description: • 2 Mile Jog • ½ Mile then Stretch | N/A | N/A | N/A |
| 3:15 | Game Review and Discussion Description: | 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 | 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. • Limit Touch • Increase Space • Increase numbers to 6 v 6 v 6 w/GK's | Speed of Play Recognition of Transition Movement off Ball | BallsConesTargets | • 20 x 20 • 40 x 40 |
| 3:15 | Scrimmage Description: Limit Touch Numbers Up Numbers Down Set Pieces | Speed of Play Switching Point of Attack Numbers back in Defense | BallsConesTargets | • Full Field |
| 4:15 | Penalty Kicks Description: From the teams formed above, follow PK procedures as if game ending in tie. | Pick your spotKISSDo not over think | BallsCones | |
| 4:30 | Jog/Stretch Description: | | | |

Practice Notes: Click here to enter text.

Announcements: Click here to enter text.



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: • 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. • 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.



Choose a Team Practice Lesson Plan

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





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

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