



# Bartlesville Bruin Soccer



## Varsity Practice Lesson Plan

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

Monday, April 30, 2012

Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	<b>Pre-Game Warm-Up</b> Description: <ul style="list-style-type: none"> <li>• Darby Drills</li> <li>• Running Grid</li> <li>• Pass and Follow (2 &amp; 1)</li> <li>• GK Distribution</li> <li>• 6v6v6 Keep Away</li> <li>• Criss Cross Shots/2-touch Short-Short-Long</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare Physically</li> <li>• Prepare Mentally</li> <li>• Focus</li> <li>• Tactical App</li> </ul>	<ul style="list-style-type: none"> <li>• Ball</li> <li>• Targets</li> </ul>	<ul style="list-style-type: none"> <li>• End Cap</li> <li>• Half Field</li> <li>• 1 Goal</li> </ul>
3:15	<b>Jenks Game Plan</b> Description: <ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Movement Off Ball</li> <li>• Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>• Ball</li> <li>• Cones</li> <li>• Targets</li> </ul>	<ul style="list-style-type: none"> <li>• 15 X 15</li> <li>• Half Field</li> </ul>
3:45	<b>Pre-Game Run Down</b> Description: <ul style="list-style-type: none"> <li>• Direct/Indirect- Attacking</li> <li>• Direct/Indirect-Defending</li> <li>• Corner-Defending</li> <li>• Corner-Attacking</li> </ul>	<ul style="list-style-type: none"> <li>• Immediate Organization</li> <li>• Communication</li> <li>• Individual Responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Ball</li> <li>• Targets</li> </ul>	<ul style="list-style-type: none"> <li>• Half Field</li> </ul>
4:30	<b>Breakdown and Discussion</b> Description: <ul style="list-style-type: none"> <li>• Leaving time</li> <li>• Q&amp;A</li> </ul>	N/A	N/A	N/A

Practice Notes: N/A

Announcements: Leave back lot at BHS @ 5:45



# Bartlesville Bruin Soccer



## Varsity Practice Lesson Plan

Session Topic: Game Day vs. Jenks Secondary Topic: Win

Tuesday, May 01, 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
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



Choose a Team Practice Lesson Plan

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

Wednesday, May 02, 2012

Time	Drill	Coaching Points	Equipment	Field
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>

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

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



# Bartlesville Bruin Soccer



*Choose a Team Practice Lesson Plan*

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

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

**Thursday, May 03, 2012**

<b>Time</b>	<b>Drill</b>	<b>Coaching Points</b>	<b>Equipment</b>	<b>Field</b>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>

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

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



# Bartlesville Bruin Soccer



*Choose a Team Practice Lesson Plan*

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

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

**Friday, May 04, 2012**

<b>Time</b>	<b>Drill</b>	<b>Coaching Points</b>	<b>Equipment</b>	<b>Field</b>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>	<i>TBD</i>
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**Practice Notes:** [Click here to enter text.](#)

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