



Bartlesville Bruin Soccer



Varsity Practice Lesson Plan

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

Monday, April 09, 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	Muskogee Game Plan Description: <ul style="list-style-type: none"> Separating from mark Defending Set-Pieces/Throw-Ins 5v3 Keep Away (2 Touch) 11 v 11 Keep Away(1-2 Touch) 	<ul style="list-style-type: none"> Communication Movement Off Ball Decision Making 	<ul style="list-style-type: none"> Ball Cones Targets 	<ul style="list-style-type: none"> 15 X 15 Half Field
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: [Click here to enter text.](#)

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

Tuesday, April 10, 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



Varsity Practice Lesson Plan

Session Topic: Jog/Stretch Secondary Topic: Game Film

Wednesday, April 11, 2012

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
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline

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

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



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Varsity Practice Lesson Plan

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

Thursday, April 12, 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	Sapulpa Game Plan Description: <ul style="list-style-type: none"> • Separating from mark • Defending Set-Pieces/Throw-Ins • 5v3 Keep Away (2 Touch) • 11 v 11 Keep Away(1-2 Touch) 	<ul style="list-style-type: none"> • Communication • Movement Off Ball • Decision Making 	<ul style="list-style-type: none"> • Ball • Cones • Targets 	<ul style="list-style-type: none"> • 15 X 15 • Half Field
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: [Click here to enter text.](#)

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

Friday, April 13, 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.](#)