



Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description: Darby Drills Running Grid Pass and Follow (2 & 1) GK Distribution 6v6v6 Keep Away Criss Cross Shots/2-touch Short-Short-Long	Prepare PhysicallyPrepare MentallyFocusTactical App	BallTargets	End CapHalf Field1 Goal
3:15	Muskogee Game Plan Description: • Separating from mark • Defending Set-Pieces/Throw-Ins • 5v3 Keep Away (2 Touch) • 11 v 11 Keep Away(1-2 Touch)	CommunicationMovement Off BallDecision Making	BallConesTargets	15 X 15Half Field
3:45	Pre-Game Run Down Description: Direct/Indirect- Attacking Direct/Indirect-Defending Corner-Defending Corner-Attacking	 Immediate Organization Communication Individual Responsibilities 	BallTargets	• Half Field
4:30	Breakdown and Discussion Description: Leaving time Q&A	N/A	N/A	N/A

Practice Notes: N/A Announcements: Be in stands at 5:55



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
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: Jog/Stretch Secondary Topic: Game Film
Wednesday, April 11, 2012

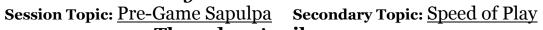


2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Jog/Stretch Description: • 2 Mile Jog • ½ Mile then Stretch	N/A	N/A	N/A
3:15	Game Review and Discussion Description:	N/A	N/A	N/A
3:30	Game Film Description: Attacking Shape Defending Shape Possession Movement off Ball Decision Making	N/A	N/A	N/A
4:30	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.



Varsity Practice Lesson Plan







Time	Drill	Coaching Points	Equipment	Field
2:30	Nordic Warm Up	Dynamic Stretch	N/A	Sideline
2:45	Pre-Game Warm-Up Description: Darby Drills Running Grid Pass and Follow (2 & 1) GK Distribution 6v6v6 Keep Away Criss Cross Shots/2-touch Short-Short-Long	Prepare PhysicallyPrepare MentallyFocusTactical App	BallTargets	End CapHalf Field1 Goal
3:15	Sapulpa Game Plan Description: Separating from mark Defending Set-Pieces/Throw-Ins 5v3 Keep Away (2 Touch) 11 v 11 Keep Away(1-2 Touch)	CommunicationMovement Off BallDecision Making	BallConesTargets	15 X 15Half Field
3:45	Pre-Game Run Down Description: Direct/Indirect- Attacking Direct/Indirect-Defending Corner-Defending Corner-Attacking	 Immediate Organization Communication Individual Responsibilities 	BallTargets	• Half Field
4:30	Breakdown and Discussion Description: 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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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

Practice Notes: Click here to enter text.

Announcements: Click here to enter text.