



# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Sequence Order Passing</b></p>	<p>1). Divide group into 3 groups of 4 players.                      2). Have each group number themselves 1 through 4                      3). Object is for the groups to pass through the sequence while moving through out the field                      Variations:                      - Race through the sequence. 1<sup>st</sup> team to complete order sits down                      - Go backwards through the order. 4 ..3..2..1</p>		<p>1). Instant Activity.                      2). Stimulate the players for the practice to come – both mentally and physically.                      3). Work on moving off the ball.                      4). Passing Technique</p>
<p>2</p> <p><b>COMBAT</b></p>	<p>1). Divide the group into two teams of 6 each team wearing a different color.                      2). Organize all the balls in one area and have the players form. Two lines on either side of the balls.                      3). Coach will toss out a ball and say a color.                      - If the coach says nothing – both teams send out 3 players.                      - If the coach calls out a specific team color – that team sends out 3 players while the other team only send out 2                      4). Object once the ball is tossed out is to get the ball back to the coach.                      Variations:                      - Change the number of players who go out to play                      - Coach can change their position. There by changing the location of the target</p>		<p>1). Having the players build (pass) the ball toward a target and being rewarded for doing this under control                      2). Players off the ball - working on making the field bigger when your team has the ball.                      3). Players off the ball – working on moving into a place where the person on the ball can see them and there is a clear path for the ball to travel to them.                      4). Player on the ball making good decisions on where the ball should go – toward the target/objective and away from the defenders                      5). Quality of passing – making your teammate look good with your pass</p>



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<b>4 v 4 to targets</b>	<ol style="list-style-type: none"> <li>1). Divide the group into two teams of 6 each team wearing a different color.</li> <li>2). Set-up a field that is wider than it is long with three small goals on each end line.</li> <li>3). Play 4 v 4 on the field with two players from each team standing behind the end line that their team is attacking.</li> <li>4). Scoring:             <ul style="list-style-type: none"> <li>- +1 point for any ball passed through small goal</li> <li>- +5 points for any ball passed through small and received by your teammate.</li> </ul> </li> </ol> <p>Hints: Players behind the end line can move and cover behind any of the 3 goals that the chose.</p>		<p>Same as Above – except now the learning environment is looking more like the game.</p>
4			
<b>6 v 6 w/ GK</b>	<ol style="list-style-type: none"> <li>1). Divide the group into two teams of 6 each team wearing a different color.</li> <li>2). Play 6 v 6. 5 Field Players and 1 Goalkeeper for each team.</li> <li>3). Scoring:             <ul style="list-style-type: none"> <li>- + 1 for any goal</li> </ul> </li> <li>4). All regular rules apply</li> </ol>	<p>Field size: 45 yards long by 35 yards wide with appropriate size goal on the end line (6 by 12).</p>	<p>Final part of practice. MUST look like the game.</p>