



# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1. Warm-up</b></p>			
<p><b>Partner Passing</b> 10 Minutes</p>	<p>Players in pairs passing 2 touch 5 yds apart</p> <ol style="list-style-type: none"> <li>1. Right foot to right foot/left to left</li> <li>2. Touch to space across cones</li> <li>3. Step Over / Pass</li> <li>4. Scissors/ Pass</li> <li>5. Receive/ dribble around partner and pass</li> </ol>		<ol style="list-style-type: none"> <li>1. Correct technique</li> <li>2. Weight of pass</li> <li>3. Accuracy</li> <li>4. Touch to space</li> <li>5. Be on your toes</li> <li>6. Move to meet ball and return to starting space</li> </ol>
<p><b>2. Small-Sided Activity</b></p>			
<p><b>4v4 Build Up</b> 20 Minutes</p>	<p>2 teams of 4 players and 1 GK. One starts on Offense, other defense. Offense attacks 4v1, followed by 4v2, 4v3, and 4v4. If offense scores, they get 1 point, if offense fails to score, the defense gets 1 point. Teams switch roles. Aggregate score wins.</p>		<ol style="list-style-type: none"> <li>1. Possess the ball</li> <li>2. Make a pass you can complete</li> <li>3. Be patient for goal scoring opportunity</li> <li>4. Offensive/Defensive Shape</li> <li>5. Movement off ball</li> </ol>
<p><b>4v4 Overload Defending</b> 20 Minutes</p>	<p>Now, roles are reversed. Offense attacks 1v4, 2v4, 3v4, and 4v4. Same rules as 4v4 Build Up. Teams switch roles. Aggregate score wins.</p>		<ol style="list-style-type: none"> <li>1. Be creative</li> <li>2. Take risks</li> <li>3. Quick shot when available</li> <li>4. Defensive Shape</li> <li>5. 1v1 moves</li> <li>6. Offensive combinations</li> <li>7. Offensive movement off ball</li> </ol>



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<b>3. Expanded Small-Sided Activity</b>			
<p><b>Play Out, Go Out</b> 15 Minutes</p>	<p>2 teams of 4 players. 2 players from each in grid. Goal is to get the ball to an outside player. The passing player takes the place of the outside player and the receiving player dribbles into the playing area. A goal is awarded for each successful pass to an outside player.</p> <p>Play for a set amount of time OR 1<sup>st</sup> team to X # of goals wins.</p>		<ol style="list-style-type: none"> <li>1. Play out of pressure</li> <li>2. Have an idea where to go with the ball before you get it.</li> <li>3. Receive the ball to space</li> <li>4. Quick transition from outside to in to score faster goals.</li> </ol>
<b>4. Match Conditions</b>			
<p><b>Angled Goal Game</b> 15 Minutes</p>	<p>2 teams with GK play on pitch to angled goals. Play normal soccer.</p>		<ol style="list-style-type: none"> <li>1. Where are the danger areas?</li> <li>2. Defensive pushes to safe areas</li> <li>3. Quick switch of fields in transition.</li> <li>4. Offensive shape</li> <li>5. Defensive shape</li> <li>6. Crossing to score</li> </ol>
<b>5. COOL-DOWN</b>			
<p><b>Crossbar game</b> 10 Minutes</p>	<p>Players hit chip shots from the penalty spot and try to hit the crossbar. Player who hits 1<sup>st</sup> or most wins</p>		<ol style="list-style-type: none"> <li>1. Hit ball low of equator</li> <li>2. Lean slightly back at contact</li> <li>3. Plant foot to target</li> <li>4. Arms out for balance</li> </ol>