



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1. FREE PLAY SCRIMMAGE			
<p>As players arrive, divide them into teams (blue or green) and let them scrimmage. The game can begin with four players and should not have goalkeepers.</p>	<p>When more than ten players are present, a second goal can be added to each side for each team to attack and defend (four goal game), or a second small-sided game can be created.</p>		<p>Planning a practice is as much art as science! In teaching, there is nothing sacred about the sequence of activities, or the duration of activities, or the form of activities. Sometimes it is fun to just play; sometimes, it is fun to just have skills contests. Often, a balance between play and skill practice is the best way to develop technical expertise and tactical insight.</p>
2. GREEN & BLUE			
<p>Pair up opponents (blues and greens) from the warm-up game, with one ball for each pair. The game is blue versus green and the opponents are 8-10 yards apart.</p>	<p>In pairs, the ball is passed back and forth for 60 seconds with a “mandatory” 2-touch rule. The ball must not come to rest. Points are won when the opponent makes a mistake, such as a bad pass, or other than 2-touches, or stopping the ball. In round #2, the first touch must be made with the outside of the foot; and in game #3, the game can be played 1-touch, with players 5-6 yards apart. Change partners for each game and record the winner (blue versus green). It is a good idea to let the players practice each skill before each new round.</p>		<p>Coaching points might address balance and body preparation, power generation and cushioning skills.</p>



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3. END-LINE			
<p>The Logistics: 3v3 (or 4v4) to targets. Area is 30x20 (3v3) or 40x25 (4v4).</p>	<p>The Game: Pass to the opponent's end line player to score. The end line players (targets) are outside of the playing space and can also support their own team as they play out of the back or are under pressure in the defensive third. Play to five and rotate the targets.</p>	<p>40 yds.</p> <p>25 yds.</p>	
4. TOUCHES			
<p>The Logistics: Play 6v6+2 to two goals with goalkeepers. Area is approximately 55x45, with offside lines 15 yards out from each goal.</p>	<p>The Game: Play with limited (3) touches (6v6+2) and then unlimited touches (7v7). Games can be for a time (15 minutes) or a winning score (first to 5).</p>	<p>~55 yds.</p> <p>~ 45 yds.</p>	
5. COOL-DOWN			
			<p>Cool Down and Stretch The practice should conclude with some light jogging, sit-ups and push-ups, and a period of stretching.</p>