



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-Up			
PASSING AND RECEIVING WITH MOBILITY	ALL THE PLAYERS IN A CONFINED AREA CIRCLE OR GRID, HALF WITH AND HALF WITHOUT THE BALL. PLAYERS WITH THE BALL DRIBBLE UNDER CONTROL AND PASS TO THE PLAYERS WITHOUT THE BALL. ALL THE PLAYERS ARE CONSTANTLY MOVING AT DIFFERENT ANGLES AND VARYING PACE.		<ol style="list-style-type: none"> VISION FIRST TOUCH TIMING BODY POSITION COMMUNICATION
2 Match Related			
TECHNICAL	4 V 2 BASIC POSSESSION IN A 30 – 20 GRID WITH SOME RESTRICTIONS. TWO TOUCH POSSESSION; OFFENSE CAN NOT PLAY THE BALL TO THE SAME PLAYER CONSECUTIVELY.		<ol style="list-style-type: none"> HEAD –UP SPEED OF PLAY CHANGING DIRECTION MOVEMENT BALL CONTROL
3 Match Related			
PROGRESSION	CONTINUE POSSESSION 5 V 5 PLUS 2 NEUTRAL PLAYERS WHO PLAY WITH THE TEAM WHICH HAS THE BALL. OFFENSE HAS TWO TOUCH IN A 35 – 25 YARD GRID.		<ol style="list-style-type: none"> MOVEMENT SUPPORT QUALITY OF THE FIRST TOUCH GOOD PACE



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4 Match Related			
<p>TACTICAL - TECHNICAL PROGRESSION</p>	<p>5 V 5 V 5 THREE TEAMS, THREE DIFFERENT COLORS PLAY POSSESSION GAME ON HALF FIELD. IT IS REALLY 10 V 5 TWO TOUCH ON OFFENSE. SEVEN COSECUTIVE PASSES EQUALS 1 GOAL.</p> <p>X = red O = blue Z = yellow</p>		<ol style="list-style-type: none"> 1. CONCENTRATION – FOCUS 2. VISION 3. PLAYING OUT OF PRESSURE 4. TALKING
5 Match Condition			
<p>THE GAME</p>	<p>PLAY 8 V 8 PLUS ONE NEUTRAL PLAYER WHO ALWAYS PLAYS WITH ATTACKING TEAM. ADD SECOND TAGET PLAYERS AT EACH END LINE. CONNECT WITH A TARGET PLAYER SWITCH AND BECOME A TARGET. ADD KEEPERS, NOW TARGET PLAYERS ARE FIELD PLAYERS. PLAY FULL FIELD. IF YOU HAVE 22 PLAYERS PLAY 11 V 11.</p>		<ol style="list-style-type: none"> 1. BALL CONTROL 2. COMBINATION PLAY 3. CREATIVITY 4. CONFIDENCE IN TAKING PLAYERS ON 1 V 1 5. TRANSITION 6. TEAMWORK 7. WORKETHIC

COOL-DOWN