



Coaching Education
Lakeville Soccer Club
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Progressive Lesson Plan

Warm-up	More touches	Less realistic
Small-sided Activity (introduce pressure)	↑	↓
Large-sided Activity (introduce direction; goal?)		
Scrimmage	Fewer touches	More realistic

Manipulating the Variables

Activity objective – should connect to your lesson plan topic

Goal; multiple goals; small goals
Gates
End-lines
Target
Possession

Success rate

Too challenging is frustrating
Too easy is boring

Time and space

Size of grid
of players (#s up, #s down, #s even)

Work:Rest Ratio

Add competition

Restrictions (i.e. touch)

Others?