



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1. POSSESSION GAMES			
<p>As players arrive, they form groups of between four (3v1) and seven (5v2) to play keep-a-way games.</p>	<p>One and two-touch would be the norm. Players accumulate points, as they become the defender(s). The player with the highest number of points loses the game.</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. POSSESSION-COMPETITION			
<p>Arrange for half as many balls as players, i.e., fourteen players and seven balls. For 14 players, the space would be approximately 45x35 yards.</p>	<p>Players in possession look to play double passes with those without a ball. The first pass should be at least 10-15 yards in length to maintain open space between passer and receiver, and the passer should change pace and follow directly after the ball. When the receivers want to change roles, they simply keep the ball. The coach periodically whistles to signal a short period of competitive 1v1 (or 1v2) play. Receiving touches and passing surface and quality can be addressed during the short breaks. It is also important to explain the value of double passing in relation to passing lanes.</p>		

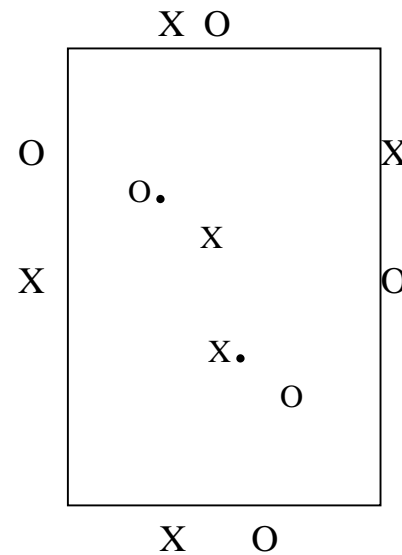


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3. BUMPER 2

Groups of 6 or 8 players in a 20 to 25-yard square area. For groups of six, four players form “bumpers” on the outside of the box (one in the middle of each side) and two players start in the middle. For groups of eight, there are two groups of 1v1 inside the square. Each pair inside the area has one ball and will play a separate 1v1 game. On the outside, two of the four players also have soccer balls. The players inside the square compete against their immediate opponent (1v1) for 60 seconds. To score, the ball must be passed to a “bumper” who doesn’t have a ball.

When a goal is scored, the attacker runs to receive new ball from another “bumper.” The defender cannot score points until they gain possession. Possession changes hands when the ball is passed to a “bumper” who already has a ball; when the ball is kicked or dribbled out of bounds; or when the defender wins possession from the attacker. At the end of the 60 seconds, the score is noted and carried over to the next round. The player who started as the defender in round #1 should begin round #2 as the attacker. The players should be in colored scrimmage vests (blue or green) so that individual and team scores can be maintained. “Bumpers” are always neutral. Play the game as organized above, but with 2v2 and one ball. To score, the two attacking players must be connected with a pass from a “bumper,” in a 3-player sequence. Play each game to five (5) and rotate the “bumpers” into the game. Initially, the pass from the “bumper” can be “free” touch; eventually, it should be in one or two touches. The attackers can maintain possession by passing to each other or by exchanging passes with to the “bumpers,” but can only score a goal when three players are involved in the sequence.



25 Yds. X 20 Yds.

With more accomplished players, the “bumpers” can be challenged to play back into the game with only one or two-touches; when this touch restriction is exceeded, the ball should be played to another “bumper” to maintain a high rate of circulation and change the point of attack.

This game can also be played as 3v3+6 (~25x25 yards) or 4v4+6 (~30x30 yards).



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4. THE MATCH			
<p>Play 5v5 to two goals with goalkeepers. Area is 30 yards long x 40 yards wide to encourage wide play and finishing.</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>		