



Lesson Plan



Activity Name		Description	Diagram	Purpose/Coaching Points
1				
Warm-up	Keep-away games. 3v3+2. 25 x 20 yard area Scoring: passes = 1 and splits = 2			Passing and support Competitive warm-up
2				
3v1 keep-away	Teams of 4 reds and 4 blues. Two 25x25 yard areas placed side by side. Rotate one defender in to each area and play games of 60 seconds. Play four rounds and keep track of team scores.			Passing and support
3				
Technical Development	Groups of 8 in “windows” arrangement with four servers and four workers. Vary serving and receiving demands for aerial receptions			Ball control out of the air
4				
2v2+1 ladder	Teams of 2 reds and 2 blues with one neutral per field. Games are 3 minutes. Field is 20 yards long. Play 3-5 rounds and rotate one team.			Dribbling passing, ball circulation and rhythm of play. Defending #'s down. Transitioning.
5				

Author: Tom Turner



National Youth Certificate Course

Topic: Sample Practice Outline

Lesson Plan



Age: U-9/10

4v4 games	Games of 4v4 on a 35x25 yard field. 5-minutes per round. Two to three games or reds versus blues. Determine practice winner.		Free play
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