



# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 FREE PLAY SCRIMMAGE</b>			
<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, 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>
<b>2 PASSING VISION</b>			
<p>The Logistics: 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 either have a ball to dribble, and are looking to pass to someone; or they don't have a ball and are looking to receive a pass from a dribbler. When eye contact is made between two players, a run into space should indicate a pass is expected. In this way, the balls are exchanged between the players. On a signal (whistle) from the coach, those who have a ball should try to maintain possession for 10-15 seconds while those who don't have a ball try to recover one. Normal out of bounds rules apply.</p>		<p>Receiving touches and passing surface and quality can be addressed during the short breaks.</p>



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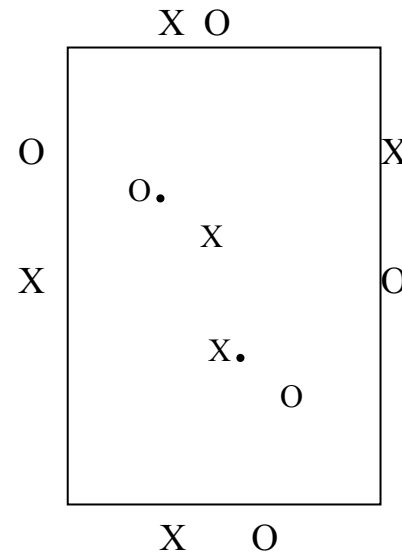


## 3 BUMPER

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.

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



25 Yds. X 20 Yds.



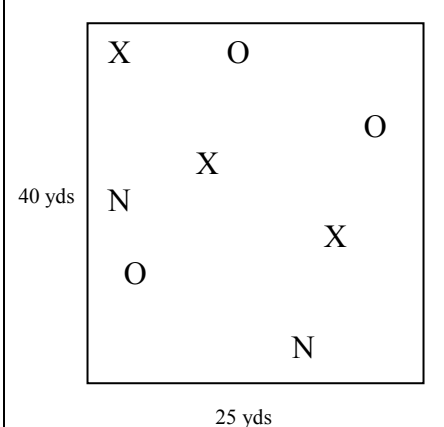
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## 4 ATTACK THE LINE

3v3+2 (or 3v3+1) to lines. Area is 40x25 yards.

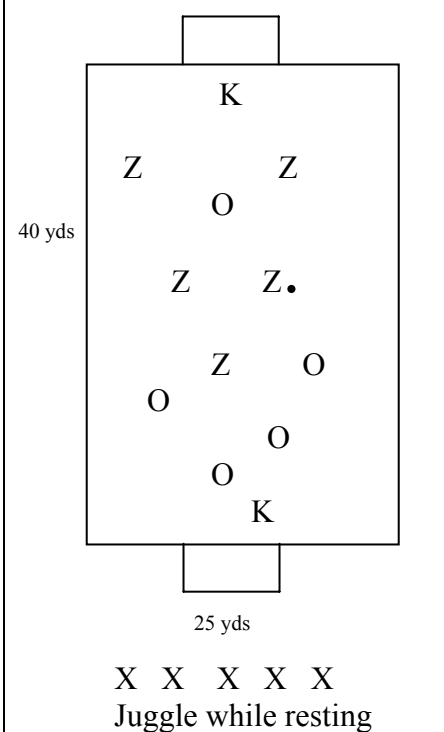
Dribble across the goal line in control. Players are limited to three touches and the ball must not stop. Play games to five goals.



## 5 3 TEAM MATCH

Play a three-team 5v5 competition. The area is 40 x 25 yards. There will be three teams of four players and two "fixed" goalkeepers.

Two teams compete for five minutes, while the third retrieves the balls, or juggles, or plays 3v1 keep-a-way. Three points are awarded for a win and one for a tie. Points are also awarded for each goals scored. Winning teams stay on the field for two rounds before rotating out.



**Cool Down and Stretch**  
The practice should conclude with some light jogging, sit-ups and push-ups, and a period of stretching.