



# Lesson Plan



Activity Name	Description	Diagram	Coaching Points
<b>Activity #1</b>			
Technical warm-up	Pass and Move in Groups of 4. Two touch. Use half the field		<ul style="list-style-type: none"> <li>• Prepare ball with proper surface.</li> <li>• Understand options before ball is played to you</li> <li>• Correct speed, accuracy of pass</li> </ul>
<b>Activity #2</b>			
4v4+2 possession  * field – 40x30 yards	2 teams of 4 + 2 Neutral players who play with the team in possession of the ball (6v4). Seven consecutive passes = 1 point. May add touch restrictions if necessary		<ul style="list-style-type: none"> <li>• Immediate transition</li> <li>• Look to get “big” after winning and small after “losing”</li> <li>• Immediate support</li> </ul>
<b>Activity #3</b>			
4v4+2 to end zones  * field – 40x30 yards with 10-yard end zones	Same as organization as above. To score, team must gain possession of the ball in their attacking end zone. The end zone serves as the 2 <sup>nd</sup> to last defender with respect to offside.		<ul style="list-style-type: none"> <li>• Play immediately to most open player</li> <li>• Position yourself to receive pass and look forward to score.</li> <li>• Read cues of possession vs. penetration. Pressured—Possess, Not pressured—penetrate.</li> </ul>
<b>Activity #4: GAME – 7v7 with Goalkeepers</b>			