

# COACHING LESSON PLAN



FOCUS OF SESSION: \_\_\_\_\_

DATE: \_\_\_\_\_

FUNDAMENTALS-WARM UP	ORGANIZATION-EQUIPMENT NEEDS	KEY COACHING POINTS
<p><b>SKILL WORK-FOCUS PT # 1</b></p> <ul style="list-style-type: none"> <li>*pace=light jog, warm up large muscles-gradual</li> <li>*every player has a ball</li> <li>*comfortable space; eventually decrease space &amp; increase tempo</li> <li>*light stretching built in</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>* balls, cones, pinnies</li> </ul>	<ul style="list-style-type: none"> <li>• Safety, head up</li> <li>• Unopposed, high success rate</li> <li>• Players need to be innovative</li> <li>• Go to green, explode to space</li> </ul>
<p><b>SKILL WORK-FOCUS PT # 2</b></p> <ul style="list-style-type: none"> <li>*begin to bring focus to the 2-3 objectives for the day</li> <li>*intro skill work; no opposition at first-corrective time, demo</li> <li>*comments to group, 'this is what I'm seeing...now..'</li> <li>*back to skill work, light opposition, token pressure</li> <li>*evaluate success/failure rate and modify as needed</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Research skill to be taught</li> <li>• Can you demo or do you have a player that can?</li> <li>• Point out examples of players that 'have it'</li> <li>• Monitor success/failure rate-modify</li> </ul>
<p><b>JUGGLE &amp; REHYDRATE</b></p> <ul style="list-style-type: none"> <li>*juggling when heart rate is up, some fatigue</li> <li>*set appropriate goals for each player, set a goal</li> <li>*start simple</li> <li>*OK to start with the ball in your hands at first</li> <li>*Pele Drill</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Become comfortable touching the ball with all body parts</li> <li>• If too difficult individually, do group juggling</li> </ul>
<p><b>TEAM SKILL/TACTICS-FOCUS # 1</b></p> <ul style="list-style-type: none"> <li>*Intro Tactic briefly-don't lecture them-get them playing</li> <li>*Be cognizant and account for the varied learning styles</li> <li>*Build in full-speed opposition</li> <li>*Lots of small sided; rarely use full field, max players</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-Part-Whole vs Part-Part-Whole</li> <li>• Expect and allow some failure</li> <li>• Limited stoppage, let them fix themselves</li> </ul>
<p><b>TEAM SKILL/TACTICS-FOCUS # 2</b></p> <ul style="list-style-type: none"> <li>*Intro Tactic briefly-don't lecture them-get them playing</li> <li>*Be cognizant and account for the varied learning styles</li> <li>*Build in full-speed opposition</li> <li>*Lots of small sided; rarely use full field, max players</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-Part-Whole vs Part-Part-Whole</li> <li>• Expect and allow some failure</li> <li>• Limited stoppage, let them fix themselves</li> </ul>
<p><b>SMALL-SIDED GAMES/FREE PLAY</b></p> <p>20</p>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• 4 v 4 most common-modify based on succ/fail</li> <li>• Restrictions in 'play' to reach coaches outcome</li> </ul>