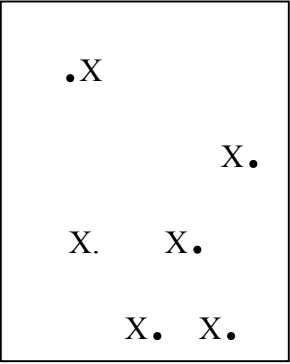





Dauphin Middle Paxton Soccer

Lesson Plan

Activity Name	Description	Diagram	Coaching Points
Stretching	Every player has a ball and is arranged in a circle around the coach. Coach asks all players to perform a variety of stretches for approximately 5 minutes.	N/A	Stretching: proper technique and no bouncing
Pinnie Chase	Build a grid approximately 20X25 yards this field should be adjusted based on the skill level and number of players participating. Each player should have a ball. This game should last approximately 10 minutes.	Coach 25 yds.  20 yds.	Warm-up: fun movement in a confined area. This is mainly used as an ice breaker for children returning to practice after having the summer off. This game will help with conditioning.
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Body Part Dribbling	Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part. This game should last approximately 10 minutes.		Ball Control: fun way to work on ball control with starts and stops. Also builds communication and the ability to listen to other players during the game.



Dauphin Middle Paxton Soccer
Lesson Plan

Activity Name	Description	Diagram	Coaching Points
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Traffic Jam	Step off a grid approximately 30X30 yards. Randomly place tall cones and training sticks (flags will work as well) in the middle of the grid. Split the group into 4 even teams who start on the corners of the grid with 1 ball per group. This game should last approximately 10 minutes.	<p>Traffic Jam Dribbling Game SOCCERXPERT Drill: 1259</p>	Dribbling at speed is great if you keep your head up and don't run into to things.
Scrimmage	Coaches divide the player into two teams and play controlled scrimmage for 10 minutes.	N/A	Emphasis should be on teamwork and passing not scoring. Players should stay spread out.
Cool Down Juggling	Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try "thigh-thigh-foot-catch", etc. This should last approximately 5 minutes.		FUN...challenging; balance; coordination.