



Dauphin Middle Paxton Soccer

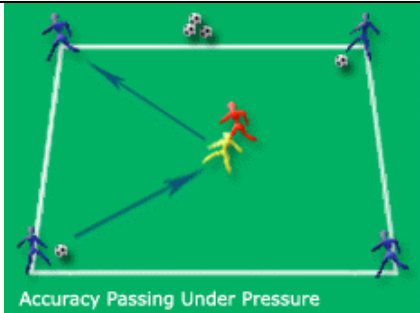

Lesson Plan

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
Name Game	Build a circle using disc cones. The field should be adjusted based on the skill level and number of players participating. All the players should be inside the circle but only one has a ball. The coach yells out a name and the player with the ball must pass it to them. This game should last approximately 10 minutes.		Warm-up: movement in a confined area. Focus on passing with the inside of both feet and trapping. This game will help with conditioning and learning team mates names.
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Pass & Move	Build a circle using disc cones. The field should be adjusted based on the skill level and number of players participating. Each player inside the circle should have a ball. They pass it to someone outside the circle and then move counterclockwise in the circle to receive a pass from someone outside the circle. Then switch the inside and outside players every few minutes. This game should last approximately 10 minutes.		Focus on passing with the inside of both feet and trapping. This game will help with conditioning.



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
Under Pressure	Step off a grid approximately 30X30 yards. Place one person at each cone and two in the middle on the grid. Only two of the corners have balls. They pass the ball to the offensive ball and then they pass it to the next corner. Switch offense and defense and immediately rotate towards the next two outside players. Once done switch the inside and outside players. This game should last approximately 10 minutes.	 <p>Accuracy Passing Under Pressure</p>	Will help offensive players learn to trap and pass under pressure.
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.