



## 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
Numbers Game	Create a small 1v1 field approximately 15X20 with two small goals on each endline. Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group. One group should wear alternate jerseys.		Encourage players to take on their opponent. Encourage players to shoot when they have a chance of a goal. Instruct the players to protect the ball when necessary.
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Outta Here	Setup a 25 x 25 yard grid with a small goal at each end, play 2v2. You can adjust the size of the field based on the skill level and number of the players.		Promote good small group passing, early support, dribbling under control and good skills to beat defenders and get goals.



# 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
Scrimmage	Coaches divide the player into two teams and play controlled scrimmage for 10 minutes.	N/A	Emphasis should be on teamwork and passing but now that you have introduced shooting let them see if they can beat the defender and put it in the back of the net. Players should stay spread out.
Shooters & Shaggers	Pick one player to be the shooter while the other players will be the shaggers. The shaggers will retrieve balls for the shots that miss the goal. Organize an arc of cones approximately 10 yards from goal with no keeper in the goal. Place a ball at each cone.		Watch the angle of approach, make sure they come at the ball at a good kicking angle. Make sure their planting foot is not too close or too far from the ball. Make sure the player is locking their ankle