





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
Red Light Green Light	Create a starting line for each of the players, and the coach should move 15-20 yards away. With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach. 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.
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Cat & Mouse	Build a grid approximately 20X25 yards. The players with balls (the mice) start at one end of the field and dribble to the other end. The cats attempt to gain possession and knock the mouse's ball out of the grid. Once this happens, the mouse becomes a cat and can run around the grid in the next round. This game should last approximately 10 minutes.		Ball Control: Focus on ball control and vision. Good way to introduce the concept of defense.



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
Soccer Tag	Build a grid that is approximately 20X20. Designate someone as being "it". Everyone including the person that is "it" dribbles around the grid. The person who is "it" tries to tag someone. The person who gets tagged becomes "it". This game should last approximately 10 minutes.	<p>Soccer Tag            SOCCERXPERT            Drill: 1256</p>	Ball Control: Focus on ball control and vision not speed.
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 not scoring. Players should stay spread out.