



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
Cone Blast 2	Setup a grid that is 25x25 yards and place 3-5 tall cones middle of the grid. Line everyone up out around the outside of the grid with a ball. Yell fire and everyone should kick the ball trying to knock down a cone This game should last approximately 10 minutes.		Easy warm that should introduce the concept of shooting using the shoelaces.
Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Simon Says	Build a grid approximately 20X25 yards. All the players should have a ball and are dribbling around the grid. From there the game follows the normal instructions for Simon says. This game should last approximately 10 minutes.		Ball Control: Focus on ball control and vision. Also builds communication and the ability to listen to other players during the game.



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Water Break	Give the players a quick 5 minute break.	N/A	Break: Hydration and fun game facts
Shooters & Shaggers	Setup a grid that is 25x25 yards and place 3-5 tall cones out in front of the goal. Place one shooter at each cone and an equal number of shaggers behind the goal. After everyone shoots move everybody counter clockwise. The shooter at the finish becomes a shagger and the 1 st shagger becomes a shooter. Coaches get the balls the go in the net. Keep the kids moving as fast as they can so there is little down time This game should last approximately 10 minutes.		Focus on proper shooting technique using the using the shoelaces not the toe. Work on using both feet.
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.