

# Making a Lesson Plan

A. When making a lesson plan remember the following points:

- Design your session for no more than 18 players
- Age group would be an U.14 team
- Design activities to flow from simple to complex – add elements of the game as you progress
- Design session to include individual, small group and large group activities
- Use progression for teaching techniques or tactics as a guide for planning session
- Use the appropriate space on the lesson plan to diagram your activity, describe the organization and list the key coaching points
- Include the objectives of the game or exercise and the method of scoring
- If using restrictions, make sure they are applicable to your objective and topic
- Include the general dimensions for the playing area – you should be prepared to adjust the size during your session if needed
- Use the area of the field that is most applicable to your topic if possible to provide a clearer reference for your players
- Make sure your activities are realistic to the game

B. When diagramming remember the following points:

- Keep diagrams simple
- Use a straight line for a pass – a dotted line for a run – a scribbled line for a dribble
- Indicate size of the area on lesson plan next to diagram
- Indicate neutral players with an N

Finally, your practice must make sense:

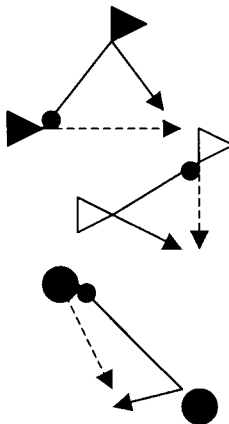
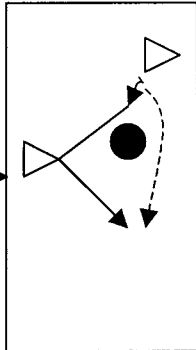
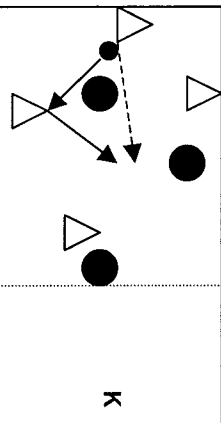
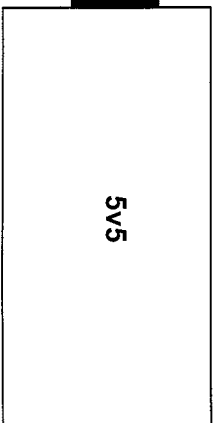
- Does it look like soccer?
- Will your players understand where the practice fits in the game?
- Are the objectives you set for the players to achieve realistic?
- Are your instructions clear and to the point?
- Does the activity or practice bring out the actual elements of the game?



Name \_\_\_\_\_

Topic 1-2 Combination – Wall Pass

Date \_\_\_\_\_

<p><b>UNRESTRICTED SPACE – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Ball between two players – players moving and passing with 1-2 combinations</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Create 1-2 passing combination</li> <li>Use of outside of foot for first pass</li> <li>Accelerate through to receive return pass</li> <li>Return pass played into path of player but not too deep</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>Play 2v1 in restrict space – spare players on outside of grid act as neutral players</li> <li>Demonstrate options of 1-2 pass</li> <li>Team in possession score when they make 1-2 pass against opponent – use of neutral players</li> <li>When defender wins ball teammate enters field to make new team of two – opposing team leaves on one player on field</li> </ul>	<ul style="list-style-type: none"> <li>Player with ball “hunts” opponent on dribble to create opportunity for 1-2 pass</li> <li>Support player must achieve correct supporting position – angle and distance</li> <li>Decisions of player with ball and support player based on play of defender</li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>4v3 to Goal</li> <li>Team of four attacks goal – use of 1-2 combinations going forward</li> <li>Goal scored from penetration created by 1-2 counts double</li> <li>After defending team wins ball they can score a goal if they reach target player with a pass</li> <li>Use of offside/restraining line to keep game compact</li> </ul>	<ul style="list-style-type: none"> <li>Ability of players to create 1-2 combination going forward</li> <li>Deep player showing for through pass to create 1-2 combination with player running forward</li> <li>Correct angle and distance of support players to create 1-2 action</li> <li>Quick transition from attack to defense for both teams</li> </ul>
<p><b>GAME – TWO GOALS</b></p> <p><b>5v5</b></p> 	<ul style="list-style-type: none"> <li>5v5 game (includes GK)</li> <li>No restrictions on players</li> <li>Give points for making 1-2 combination</li> </ul>	<ul style="list-style-type: none"> <li>Correct shape of team</li> <li>Look for opportunities to create numbers up situations that allow 1-2 combinations</li> <li>Assess safety and risk in attempting combination play based on field position</li> <li>Penetrate when possible using 1-2 combination</li> </ul>
<p><b>COOL DOWN</b></p> <ul style="list-style-type: none"> <li>Players jog and stretch at end of practice</li> <li>Focus on major muscle groups</li> </ul>		



Name \_\_\_\_\_

Topic Passing

Date \_\_\_\_\_

<p><b>FUNDAMENTAL – WARM UP</b></p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Accuracy of pass</li> <li>▪ Speed of pass</li> <li>▪ Pass to feet</li> <li>▪ Pass to space</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between two – players moving and passing</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>▪ 3v1 possession game</li> <li>▪ 5 passes equal a goal – defender winning ball and reaching touch line scores goal</li> <li>▪ Defender changes to attacking team after scoring goal</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> <p style="text-align: center;"><b>5v5</b></p>	<ul style="list-style-type: none"> <li>▪ 4v2 (2v2+2) possession game</li> <li>▪ Team of 4 scores goal when making through pass</li> <li>▪ ▲ are neutral players and always play on attacking team</li> <li>▪ Defending team of two quickly change to attack when winning the ball</li> </ul>
<p><b>COOL DOWN</b></p>	<ul style="list-style-type: none"> <li>▪ Correct shape of team</li> <li>▪ Look for deep pass first</li> <li>▪ Selection of pass – to feet or to space</li> <li>▪ Keep possession – speed of play</li> </ul>
<p>▪ Focus on major muscle groups</p>	<p>▪ Players jog and stretch at end of practice</p>

