

Making a Lesson Plan

7.0 Design, Diagram and Make Sense

- A. When making a lesson plan remember the following points:
- Design your session for no more than 12 players.
 - Age group would be a U.12 - U.14 team.
 - Design activities to flow from simple to complex – add elements of the game as you progress.
 - Design session to include:
 1. Warm-up.
 2. Small-sided activity (e.g. 4v2 keep away).
 3. Expanded small-sided activity, with discretion.
 4. 6v6 (5v5 plus keepers) to two large goals.
 - 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.
- C. 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?



Topic: How and When to Dribble, Pass and Receive

Warm-up	Organization	Key Coaching Points
	<ul style="list-style-type: none"> Ball between two – players moving and passing. 3 v 1 possession game. 	<ul style="list-style-type: none"> Accuracy of pass. Speed of pass. Pass to feet. Pass to space.
<p>Small Sided Activity</p>	<ul style="list-style-type: none"> 5 passes equal a goal – defender winning ball and reaching touch line scores goal. Defender changes to attacking team after scoring goal. 4 v 2 (2+2) possession game. 	<ul style="list-style-type: none"> Accuracy of pass. Weight of pass. Disguise of pass. Timing of release. Correct supporting positions. Body position - open to field.
<p>Expanded Small Sided Activity</p> <p>4 v 4</p>	<ul style="list-style-type: none"> 4 v 4 (6 goal game). Each team defends three (3) goals and attacks three (3) goals. 	<ul style="list-style-type: none"> Accuracy and quality of through pass. Speed of play to make through pass for goal. Disguise of pass to prevent telegraphing pass. Use of different surfaces of foot for passing. Supporting positions of player in advance of ball so penetration is achieved. Find the correct option. Keep 'spread out'.
<p>Match Game Condition</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>6 v 6 (includes GKs)</p> </div>	<ul style="list-style-type: none"> 6 v 6 game (includes GK). No restrictions on players. Field is 45x20 to encourage deep pass. 	<ul style="list-style-type: none"> Correct shape of team. Look for deep pass first. Selection of pass – to feet or to space. Keep possession – speed of play.
<p>Cool Down</p>	<ul style="list-style-type: none"> Players jog and stretch at end of practice. 	<ul style="list-style-type: none"> Focus on major muscle groups.