



Lesson Plan



| Activity Name | Description | Diagram | Purpose/Coaching Points |
|----------------------------|---|-----------|--|
| 1 | | | |
| “Rehearsal” | <ul style="list-style-type: none"> Have 2 players stand 2-3 steps on either side of the ball. On command both players should squarely step to address and block the ball. | | <ul style="list-style-type: none"> Players rehearse safely a “block” tackle. Inside of foot to ball. Get weight into the tackle. Do not stretch or go to ground. |
| 2 | | | |
| 1 vs. 1 “Faced Up” | <ul style="list-style-type: none"> 1 vs. 1 to goal. Coach serves ball to slightly favor one player. If you have 10+ players use 2 grids. | 10x12 | <ul style="list-style-type: none"> Close to the ball. Maintain a good distance to tackle and recover. Get body behind tackle. Tackle without crossing feet. |
| 3 | | | |
| 1 vs. 1 “From Recovery” | <ul style="list-style-type: none"> 1 vs. 1 to goal. (As above but...) Players attack goal they start at. Defender must recover goal side. | 10x12 | <ul style="list-style-type: none"> Recover goal side. Do not tackle from behind. Face up to opponent. Tackle firmly with closest foot. |
| 4 | | | |
| 2 vs. 2 “Decisions” | <ul style="list-style-type: none"> 2 vs. 2 to goal. Restarts are passed in. Play 3-4 minute sets with good rest. | 15x20 | <ul style="list-style-type: none"> Defender not on ball must be ready to close. Close as ball is traveling. Ensure proper tackling technique. |
| 5 | | | |
| 6 vs. 6 “The Game” | <ul style="list-style-type: none"> 6 vs. 6 including keepers. No conditions on play. Be prepared to stop 2-3 times in 15 minutes to review topic. | 40x50 | <ul style="list-style-type: none"> All tackles should be made from the front. Avoid going to ground. Tackle with either foot as situation demands. Do not reach; stay compact. |