



# Lesson Plan



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