



Lesson Plan

Example Topic	Soccer	Topic	
Hour 1	Get to know ya	Hour 1	
Hour 2	Dribbling	Hour 2	
Hour 3	Passing/receiving	Hour 3	
Hour 4	shooting	Hour 4	
Hour 5	defense	Hour 5	
Hour 6	Offense/Shielding	Hour 6	
Hour 7	restarts	Hour 7	
Hour 8	combinations/overlaps	Hour 8	
Hour 9	pass to the net, pks	Hour 9	
Hour 10	watch a game	Hour 10	
Long-term Goal	develop speed, defensive skill, increase goals scored	Long-term Goal	
	Each session can have a warm-up, skill-building, put to practice, game		Each session can have a warm-up, skill-building, put to practice, game