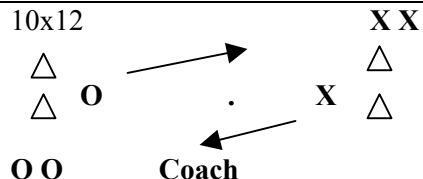
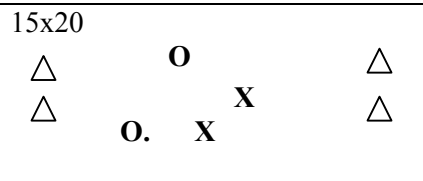
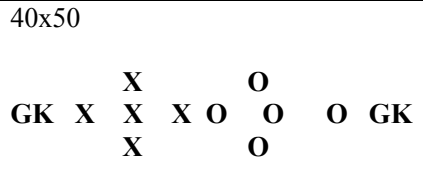


Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
“Rehearsal”	- 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.		- 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”	1 vs. 1 to goal. - Coach serves ball to slightly favor one player. - If you have 10+ players use 2 grids.	10x12 	- 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”	1 vs. 1 to goal. (As above but...) - Players attack goal they start at. - Defender must recover goal side.	10x12 	- Recover goal side. - Do not tackle from behind. - Face up to opponent. - Tackle firmly with closest foot.
4			
2 vs. 2 “Decisions”	2 vs. 2 to goal. - Restarts are passed in. - Play 3-4 minute sets with good rest.	15x20 	- Defender not on ball must be ready to close. - Close as ball is traveling. - Ensure proper tackling technique.
5			
6 vs. 6 “The Game”	6 vs. 6 including keepers. - No conditions on play. - Be prepared to stop 2-3 times in 15 minutes to review topic.	40x50 	- All tackles should be made from the front. - Avoid going to ground. - Tackle with either foot as situation demands. - Do not reach; stay compact.