

# Making a Lesson Plan

## **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?