

U11 Up Lesson Plan

Stage 1 Warm-Up

Specific Action Targeted

Proper Body Mechanics

Duration
10 - 20 Minutes
4:30 - 4:50 PM
6:30-6:50 PM

Stage 2 Technical Training

Skill

Technical Demands

Duration
15 - 30 Minutes
4:50 - 5:20 PM
6:50 - 7:20 PM

Stage 3 Game Related Activity

Goal of Exercise

Coaching Points

Duration
20 - 25 Minutes
5:20 - 5:45 PM
7:20 - 7:45 PM

Stage 4 Game Related Progression

Game Concepts Added

Coaching Points

Duration
20 - 25 Minutes
5:45 - 6:10 PM
7:45 - 8:10 PM

Stage 5 Game

Type of Competition

Coaching Points

Duration
15 - 25 Minutes
6:10 - 6:30 PM
8:10 - 8:30 PM