

# 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 1 ends at 4:50 or 6:50 PM and technical work with ball begins

Warm-up consists of dynamic stretching, footwork, soccer related activities with/without ball

Examples: Running, accelerating, turning, jumping, back pedaling, twisting, change of directions/speeds, balance

## Stage 2 Technical Training

Skill

Technical Demands

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

Emphasis on teaching, honing, skill repetition, mastery of a technical component of soccer.

Examples: Dribbling, receiving, shielding, turning, crossing, shooting, chipping.

## 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 3 begins so we want 50% or more of training to be with pressure. Game related exercises must contain pressure, live action decision making and other game related elements.

Examples: Transition, switching point of attack, going to goal, defending, battling, counter attack.

## Stage 4 Game Related Progression

Game Concepts Added

Coaching Points

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

Progress to exercises that add and include more or all of the game related elements.

Game related elements listed above.

## Stage 5 Game

Type of Competition

Coaching Points

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

Allow players to play while coaching during the flow of the game.  
Put emphasis on the coaching points from your game related topics.