

JUNEAU SOCCER CLUB LESSON PLAN



Name: _____ Date: _____

Topic: _____

Warm-Up:

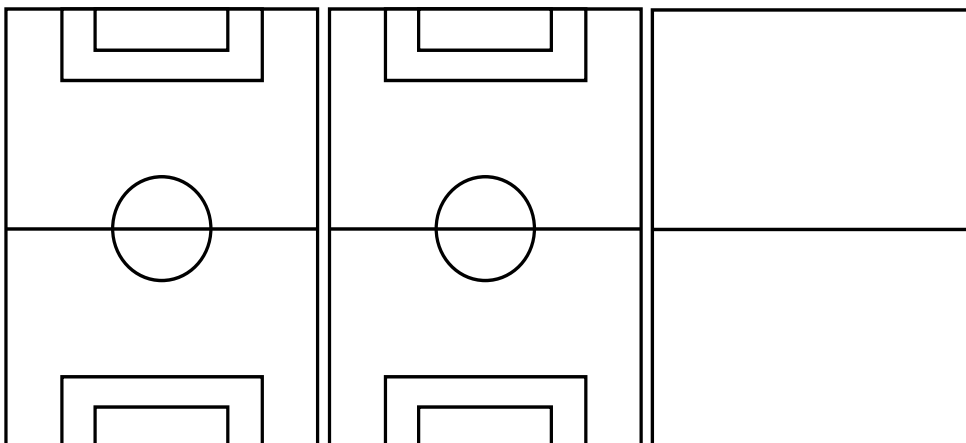
Phase 1: Technical = Fundamentals / Tactical = Individual Tactics

Phase 2: Technical = Match Related / Tactical = Group Tactics

Phase 3: Technical = Match Conditions / Tactical = Team Tactics

Cool Down:

Coaching Points and Purpose



Equipment Needs

Cones _____

Jerseys _____

Balls _____

Other: _____