



Menlo School Athletics

VA Girls Soccer

Program Goals and Plan

This course is designed to introduce the student knowledge in the areas of soccer. Students will learn to interact, make suggestions, work with others and address dynamic situations, which occur during competitive situations.

Upon completion of this course, the student will have:

- Knowledge of game rules and sport skills
- An increased physical fitness level
- Improvement in personal habits of exercise, as well as improvement of sportsmanship

Skills to be Addressed

- Passing
- Trapping
- Shooting
- Dribbling
- Positioning – attacking and defensive
- Strategies and rules of the game

Overview of Soccer Team Function

Students will play in competitive situations using the acquired skills from practice. They will practice on days they do not have games and use proper sportsmanship and teamwork necessary to build a team.

Sample Daily Lesson Plan

- 5 minutes – warm-up and stretching dynamic warm-ups
- 10 minutes – individual and partner skills, vitamins
- 15 minutes – group drills
- 15 minutes – team concept, attack or defense
- 15 minutes – team scrimmage work
- 5 minutes – conditioning