



# FC Bartlesville Academy

*Practice Lesson Plan: Week 11*

**Team: U10 Academy Boys**

*Practice time 1:15*

**Coach Marshall**

**Topic: 3v3 Games**

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p><b>Station 1 &amp; 2 : Brazilian Tournament 3v3 + GKs ( 2 groups of 10)</b></p> <ul style="list-style-type: none"> <li>- Players split into 5 teams of 3. 4 goal keepers will be needed.</li> <li>- One team sits out while others play. After scoring, the attacking team immediately turns and attacks in the opposite direction.</li> <li>- The team that gave up the goal is then replaced by the team sitting out.</li> <li>- GKs stay in goals and assist whichever team is on defense.</li> <li>- Which team can score the most goals in 5 mins.</li> </ul>	<ul style="list-style-type: none"> <li>• Quick Transition</li> <li>• Working hard</li> <li>• Communication</li> </ul> <p><b>Coaches:</b> Reeder, Lindbloom</p>	20 yd x 40 yd
10- 15	<p><b>Station 3: Grid Work ; Add defender</b></p> <ul style="list-style-type: none"> <li>- Players split up into groups of 3. In the grid provided the players pass the ball playing line or square passes to partners. The player with the ball should always have 2 options.</li> </ul> <p><b>Progress to:</b> Limited touches, Square pass <b>diagonal run.</b></p>	<ul style="list-style-type: none"> <li>• Receiving with <b>outside foot.</b></li> <li>• No hospital balls</li> <li>• First touch towards target.</li> </ul> <p><b>Coaches:</b> Walsh, Brown</p>	
10-15	<p><b>Station 4 &amp; 5: Promotion and Relegation (2 groups of 10)</b></p> <ul style="list-style-type: none"> <li>- 3 fields are created, Div 1, Div 2, and Div 3. 1<sup>st</sup> division field uses full size goals w/Keepers. 2<sup>nd</sup> division field uses pug goals with no keepers. 3<sup>rd</sup> division field uses large cones for goals with no keepers.</li> <li>- Players divide into six teams of 3.</li> <li>- 3 to 5 min games. Winners get promoted, losers get relegated.</li> </ul> <p><b>Progress to:</b> 3pts for a Div. 1 win. 2pts for Div 2 win. 1pt for Div 3 win. Which team can score the most points?</p>	<ul style="list-style-type: none"> <li>• Working Hard</li> <li>• Communication</li> <li>• Quick Transition</li> </ul> <p><b>Coaches:</b> Pectol, Bryant, Reeder</p>	20 yd x 40 yd