



FC Bartlesville Academy

Practice Lesson Plan

Team: U10 Academy Boys

Practice time 1:15

Coach Marshall

Topic: Moves 1

Time	Activity & Description	Coaching Points	Field Layout
10	<p>Station 1 : Pirates of the Sea</p> <ul style="list-style-type: none"> - Players dribble inside circle/grid performing a predetermined move selected and demoed by the coach. - Moves are done on every 3rd touch of the ball. Example: Dribble, dribble, move, dribble, dribble, move, etc... - 1pt given to for each move done correctly, players keep track of own pts. <p>Progress to: Players are now allowed to knock other players soccer balls out of the space. 1 pt is given to the player who knocks the ball out of the gird.</p> <p>Moves: Pull back, Cruyeff, Scissors, Whip, etc...</p>	<ul style="list-style-type: none"> • Eyes up • Find open space • Burst of speed into space • Take risks <p>Coaches: Jason Collins</p>	10 Yard Diameter Circle
10	<p>Station 2: Horse</p> <ul style="list-style-type: none"> - Players dribble inside the circle/grid trying not to run into any teammates. - When the coach calls out a move the players must then perform the move as quickly as possible. (Demo the moves before for players) - The last player to make the selected move will be given a letter. - Letters may also be given for running into another player or performing the wrong move. <p>Progress to: Cruyeff, Step over, whip, Maradona, etc...</p>	<ul style="list-style-type: none"> • Making move into open space • Creating space by spreading out. • Eyes up <p>Coaches: John Williams</p>	10 Yard Diameter Circle
10	<p>Station 3: Gates</p> <ul style="list-style-type: none"> - Every player with a ball. - Players dribble through a series of gates. (gate are three large cones placed in a triangle pattern) - Explode out of a gate & on to the next gate. <p>Progress to: 180 turn back out of the gate, keep-away 1v1, keep-away 2v2</p>	<ul style="list-style-type: none"> • Vary feet, surfaces, moves • Head up, Know surroundings • Balance when turning • Change direction and speed <p>Coaches: Kirk Israel</p>	10 Yard Diameter Circle

	<p>Station 4: 1v1 game</p> <ul style="list-style-type: none"> - Players line up on either side of the grid. - On one side of the grid (line 1) the players will pass the ball to the line of players across from them (line 2). - Line 1 is the Defensive side. Line 2 is the offensive side. - The goal is to dribble the ball across or stop it on the end line. - 3 pts. for stopping on the line. 2 pts. for dribbling across the line. - 5 pts for completing a move to be the defender. - If the defender wins the ball the same rules apply for him as the offensive player. 	<ul style="list-style-type: none"> • Confidence in trying a new move. • Extreme change of direction • Timing of when to start the move. <p>Coaches: Jon Reeder & Scott Williams</p>	
	<p>Station 5: 3 Goal Game</p> <ul style="list-style-type: none"> - Players divide into two teams and play a small sided game. - Each team has the option of shooting on 1 of 3 goals. - Pts. are earned by players shooting (must be on the ground to count) or dribbling through the goals. <p>Progress to: Limited touches, Must pass with purpose</p>	<ul style="list-style-type: none"> • Decisions making (when to dribble & when to Pass). • Communication between teammates. • Spreading out . <p>Coaches: Kristen Lindblom</p>	
10	<p>Station 6 & 7: End Game 6v6</p> <ul style="list-style-type: none"> - All rules apply. - Extra 5 points if a goal is scored from a header. - Free kicks (indirect and direct), given when rules are broken. <p>Progress to: Limited touches, Must pass with purpose, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"> • First touch away from pressure. • Spreading out. • Calling for ball using terms (line, square, drop, through) • Responsibility of each position (throw ins, corner kicks, goal kicks, etc..) <p>Coaches: Dee Dee Buice & Jenn Reeder</p>	Full Size Field