



# FC Bartlesville Academy

Practice Lesson Plan: Week 4

Team: U10 Academy Boys

Practice time 1:30

Coach Marshall

Topic: Pressure and Cover #3

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p><b>Station 1 : Pressure/ Cover 2v2</b></p> <ul style="list-style-type: none"> <li>- Players play 1v2 trying to score by dribbling over the end line.</li> <li>- Defensive Team plays Offensive team ball and then the game is live.</li> <li>- Points are scored when offensive and defensive teams dribble pass the end line. 1pt. if the offensive team scores, 2 pts. If the defensive team scores. No points given if ball goes out.</li> </ul> <p><b>Progress to: 2v3</b></p>	<ul style="list-style-type: none"> <li>• Breaking down (body position).</li> <li>• Communication: “Pressure &amp; Cover”</li> <li>• Players Call out “Pressure &amp; Cover”</li> </ul> <p><b>Coaches:</b>, Walsh, Brown</p>	
10- 15	<p><b>Station 2: Pressure / Cover 2v3</b></p> <ul style="list-style-type: none"> <li>- Players play 2v2 trying to dribble across the endline opposite them.</li> <li>- Both offensive and defensive team wins the ball they try to do them same. Defensive team gets 2pts each time they cross the endline and 3 pts if they stop it on the line.</li> </ul> <p><b>Progress to: 3v3</b></p>	<ul style="list-style-type: none"> <li>• Players Call out “pressure &amp; cover Balance”</li> <li>• Good covering position</li> <li>• Switching roles (pressure to cover, cover to pressure, balance to cover, etc...)</li> </ul> <p><b>Coaches:</b> Pectol</p>	
10-15	<p><b>Station 3: Pressure / Cover 3v3</b></p> <ul style="list-style-type: none"> <li>- Players play 3v3 trying to shoot on goal.</li> <li>- Defensive team must get back into defensive shape and not pressure the offensive team until they cross the half line. Only then can they try to win the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Switching roles “who is pressure &amp; who is cover”</li> <li>• Getting into a good defensive shape (Shape that does not allow shots form distance.</li> </ul> <p><b>Coaches:</b> Jon.Reeder, Lindbloom</p>	
10-15	<p><b>Station 4 &amp; 5: End Game 6v6</b></p> <ul style="list-style-type: none"> <li>- All rules apply.</li> <li>- Free kicks (indirect and direct), given when rules are broken.</li> </ul> <p><b>Progress to:</b> Limited touches, Must trap ball first, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"> <li>• Breaking down</li> <li>• Calling for ball using terms (line, square, drop, through)</li> <li>• Responsibility of each position (throw ins, corner kicks, goal kicks, etc..)</li> </ul> <p><b>Coaches:</b> Jen Reeder, Eads</p>	