



# FC Bartlesville Academy

Practice Lesson Plan: Week 4

Team: U10 Academy Boys

Practice time 1:15

Coach Marshall

Topic: Pressure and Cover

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p><b>Station 1 : Pressure/ Cover</b></p> <ul style="list-style-type: none"> <li>Players jog without a ball in the space breaking down at closest ball on coach's command.</li> </ul> <p><b>Progress to:</b> Players partner up and do the same as above. 1<sup>st</sup> defender now calls "pressure" and 2<sup>nd</sup> defender calls "cover". 2<sup>nd</sup> defend also instructs which side to pressure to force the opposition into the space of his choosing. Players should switch being pressure and cover.</p>	<ul style="list-style-type: none"> <li>Breaking down (body position).</li> <li>Communication: "Pressure &amp; Cover"</li> </ul> <p><b>Coaches:</b> Pectol, Reith</p>	
10- 15	<p><b>Station 2: 1v1</b></p> <ul style="list-style-type: none"> <li>Players play 1v2 trying to score by dribbling over the end line. 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:</b> 1v2 and 2v2</p>	<ul style="list-style-type: none"> <li>Good covering position</li> <li>Speed and angle of approach</li> <li>Decision making: "which direction to force opponent"</li> <li>Switching roles (pressure to cover, cover to pressure)</li> </ul> <p><b>Coaches:</b> Walsh, Jon.Reeder</p>	
10-15	<p><b>Station 3: 1v1 Rodeo</b></p> <ul style="list-style-type: none"> <li>Players partner up and face each other in one line.</li> <li>One partner is offense and other partner is defense.</li> <li>Offensive player tries to run behind the defensive player to get across the line.</li> </ul> <p><b>Progress to:</b> trying to pass defender with a ball,</p>	<ul style="list-style-type: none"> <li>"Breaking down"</li> <li>Body position and footwork</li> </ul> <p><b>Coaches:</b> K.Lindbloom Jen Reeder</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> Eads, Warehime</p>	