



FC Bartlesville Academy

Practice Lesson Plan

Team: U10 Academy Boys

Practice time 1:15

Coach Marshall

Topic: Throw-ins

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p>Station 1 : Groups of 4: 2 players inside the grid (10x15 or 20 yard)</p> <ul style="list-style-type: none"> - 2 players on either side of grid throwing to inside players. - Inside players check to throwers calling for ball and pointing to feet. - Checking players pass back to throwers feet - Progress to: Players turn with ball and play to opposite side. 	<ul style="list-style-type: none"> • Proper throw in technique • Playing ball to checking players specified foot (checking player should point to the side he wants the ball) 	
10- 15	<p>Station 2: Throw, Receive, Catch</p> <ul style="list-style-type: none"> - Two teams of even numbers (odd number = Neutral) - Players throw to their teammates who must receive the ball with body (chest, thigh, foot) and catch the ball. - Players have 3 steps then must throw ball to teammate - Defensive team can intercept a throw or dropped ball - Score goal by heading ball into goal - Progress to: Add extra soccer balls 	<ul style="list-style-type: none"> • Proper throw in technique • Being in good position to receive the ball • Receiving the ball with proper surface 	
10-15	<p>Station 3: Receiving Contest</p> <ul style="list-style-type: none"> - (2) 5x5 grids, 2 small goals 8 yds outside box at right angles to each other. - Player A Throws in to Player B. B receives and passes to C. C throws in to A who receives and passes to D. - Witch team can get all its players back to their original spots. 	<ul style="list-style-type: none"> • Proper throw in technique • Receive with proper surface • First touch towards goal 	
10-15	<p>Station 4 & 5: End Game 6v6</p> <ul style="list-style-type: none"> - All rules apply - Progress to: Limited touches, Must trap ball first,. - Free kicks (indirect and direct), given when rules are broken. 	<ul style="list-style-type: none"> • Proper throw in technique • Best option to throw to • Players giving thrower options 	