



# FC Bartlesville Academy

## Practice Lesson Plan

**Team: U10 Academy Boys**

*Practice time 1:15*

**Coach Marshall**

**Topic: Possession**

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p><b>Station 2: Team Knock-Out</b></p> <ul style="list-style-type: none"> <li>- 3 teams of three. Teams play keep away from other teams. The team with the ball at the end of the game wins. If one team loses their ball they can steal another teams ball and possess it.</li> <li>- <b>Progress to:</b> Add extra soccer balls</li> </ul> <p>** If team knock-out is not working revert to regular knockout.</p>	<ul style="list-style-type: none"> <li>• Getting into a good position to help out teammates.</li> <li>• First touch away from pressure</li> <li>• Using terms (line, square, through, drop)</li> </ul> <p><b>Coaches:</b> Eads</p>	15x15 yard grid.
10- 15	<p><b>Station 2: FC Koln Possession</b></p> <ul style="list-style-type: none"> <li>- Players split into two teams of 5 each with a keeper. The offensive team starts with all 5 players on the field and the defensive team starts with just the GK and one defender. One by one the coach sends the rest of the defenders on the field and once both sides have even number of players can the offensive team score.</li> <li>- Games last 2mins. If defender wins the ball at any point his whole team gets to join in. Defense goals are worth double.</li> <li>- <b>Progress to:</b> Limited touches for the offensive team until all defensive team join. Every player must touch the ball before a shot.</li> </ul>	<ul style="list-style-type: none"> <li>• First touch away from pressure.</li> <li>• Creating space by spreading out.</li> </ul> <p><b>Coaches:</b> Jen Reeder,</p>	40x40 yard grid. 2 goals with half line
10-15	<p><b>Station 3: 4v4 w/ Targets</b></p> <ul style="list-style-type: none"> <li>- Players divide into two teams and play 4v4 on a wide field with six goals. One or two players from each team stand behind the goals their team is attacking. Players behind goals can move to any of the three goals.</li> <li>- Points are scored by passing through the goals (1pt), and if that pass goes to a teammate then its w worth 5 pts.</li> <li>- <b>Progress to:</b> limited touches</li> </ul>	<ul style="list-style-type: none"> <li>• First touch away from pressure and towards goal</li> <li>• Not forcing the shot. If it's not on go switch to the other side.</li> <li>• Create a horse shape in possession</li> </ul> <p><b>Coaches:</b> Jon Reeder, Lindblom</p>	20x40 yard grid

<p>10-15</p>	<p><b>Station 4 &amp; 5: End Game 6v6</b></p> <ul style="list-style-type: none"> <li>- All rules apply.</li> <li>- Extra 5 points if a goal is scored from a header.</li> <li>- Free kicks (indirect and direct), given when rules are broken.</li> </ul> <p><b>Progress to:</b> Limited touches, <b>Must pass with purpose</b>, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"> <li>• First touch away from pressure.</li> <li>• Spreading out.</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> All</p>	<p>Regulation size field.</p>
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