



FC Bartlesville Academy

Practice Lesson Plan

Team: U7 Academy Boys

Practice time 1:00

Trainer: Marshall

Topic: When to Shoot

Time	Activity & Description	Coaching Points	Field Layout
5 Mins.	<p>Warm Up – Ball Mastery</p> <ul style="list-style-type: none"> - All players spread out and perform ball mastery skills on coach's command. - Foundation, Toe Touches, Triangles, Toe Touch Tap Dance, Push Pulls, Vs, Foundation w/Roll, etc... <p>*** Players then Split into groups of 10 and move to stations.</p>	<ul style="list-style-type: none"> • Start Slow and focus on Technique • Coaches walk around helping players perform skills <p>Coaches: All</p>	
10 Mins.	<p>Station 1 : 2v1 Pattern</p> <ul style="list-style-type: none"> - Players split into two groups (line 1 in near the kickoff spot, Line 2 on the left or right side of the field where and outside mid would start). - On coaches command, the central player passes the ball to the space in front of the outside mid. The Outside mid then dribbles down the field and towards the goal (the central player stays central, but runs along with him). - Once the midfield player gets close to goal he then passes to the teammate who shoots on frame. <p>Progress to: Coach adds light pressure to outside mid to help know when to pass. Coach cheats central to allow outside mid to score on goal. Coach mixes up who is pressured to encourage decision making for players</p>	<ul style="list-style-type: none"> • Dribble towards near post • Receiving the pass with inside of the foot. • Good pace on the pass. • Eyes Up when dribbling • Calling for Ball <p>Coaches:</p>	<p>Half Field</p> <p style="text-align: right;">OOO</p> <p>Goal</p> <p style="text-align: right;">XXX</p>

<p>10 Mins.</p>	<p>Station 2 : First to the Line (2 Offense vs 1 Defender)</p> <ul style="list-style-type: none"> - Players spit into 3 lines (2 offensive, 1 defensive) - On coach’s command, the defensive player passes to one of the offensive players. - Offensive players work together to try and score goals - Defensive player tries to win the ball and score on 1 of two pug goals - <p>Progress to: Limited touches, specific parts of the foot .</p>	<ul style="list-style-type: none"> • Eyes up when dribbling • Calling for ball • Correct spacing between teammates • Defenders winning the ball and KEEPING IT! <p>Coaches:</p>	<p>Half Field</p> <p>Pugg XX</p> <p>Goal</p> <p>OO</p> <p>XX Pugg</p>
<p>10 Mins.</p>	<p>Station 3: 3v3 Checking Game</p> <ul style="list-style-type: none"> - Players split into two teams - Each team has players at 3 locations, one to either side of the goal, the other in the center of the touch line. - On coaches command the two players sprint to the center of the field where the coach plays one of them the ball. - Once the ball is played, the players at the sides of the goal are then allowed to come on and they play 3v3. - If the ball goes out, the coach plays it back in. - Games last 1 to 2 minutes. <p>- Progress to:</p>	<ul style="list-style-type: none"> • Good passing technique • Target player uses good judgment and technique in distributing the passes. • Good Spacing Between Teammates • Eyes up to find Teammates <p>Coaches: minimum of 2, but 3 or 4 would be great</p>	<p>X Goal X</p> <p>^ ^</p> <p>Coach X O</p> <p>^ ^</p> <p>O Goal O</p>
<p>10 Mins.</p>	<p>Station 4 & 5: End Game 4v4</p> <ul style="list-style-type: none"> - All rules apply. - Free kicks (indirect and direct), given when rules are broken. <p>*** Focus On: Eyes up when in control of the ball, Going to a good place to help a teammate, Don’t just kick the ball away.</p> <p>Progress to: Must pass with purpose, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"> • Eyes up, • Pass, dribble, or shoot with ball. <p>Coaches:</p>	<p>Full Field</p>
<p>10 mins</p>	<p>Cool Down (Lightning)</p> <ul style="list-style-type: none"> - Players line up single file 5 yards outside the box. 1 Players starts in frame. - All soccer balls are placed at the coach’s feet to the right of the goal post. - Coach passes ball near the top of the box for the player to run on to and shoot first time. - If the shooter scores, he goes to the back of the line to shoot again. - If the shooter misses, he becomes Keeper. - If a keeper gets scored on he is out and must stand Behind the Goal. - If a player catches a shooters ball before it hits the ground, he then returns to the game and the shooter is out. - All players return to game if someone hits the Cross Bar. 		<p>20x20 yard space</p>

