



# FC Bartlesville Academy

## Practice Lesson Plan

**Team: US Academy Boys**

*Practice time 1:00*

**Trainer: Marshall**

**Topic: Change Of Direction Moves**

Time	Activity & Description	Coaching Points	Field Layout
5 Mins.	<p><b>Warm Up – Ball Mastery</b></p> <ul style="list-style-type: none"> <li>- All players spread out and perform ball mastery skills on coach's command.</li> <li>- Foundation, Toe Touches, Triangles, Toe Touch Tap Dance, Push Pulls, Vs, Foundation w/Roll, etc...</li> </ul> <p><b>*** Players then Split into groups of 10 and move to stations.</b></p>	<ul style="list-style-type: none"> <li>• <b>Start Slow</b> and focus on <b>Technique</b></li> <li>• Coaches walk around helping players perform skills</li> </ul> <p><b>Coaches: All</b></p>	
10 Mins.	<p><b>Station 1 : Head, Knees, Ball (Following Directions Game)</b></p> <ul style="list-style-type: none"> <li>- Players partner up and face each other with 1 ball between them</li> <li>- Coach calls out body parts and the players touch that body part</li> <li>- When coach calls out "BALL", the players try to be the first to pick up the ball.</li> <li>- Best of 3 rounds wins then the players switch partners</li> </ul> <p><a href="https://www.youtube.com/watch?v=...">Youtube.com – Australia – Heads, shoulders, knees, cones and fun</a></p> <p><b>*** Progress to:</b> (1) must pull the ball back with feet. (2) Pull back with feet and try to score on a goal. Add colored cones.</p>	<ul style="list-style-type: none"> <li>- Good Listening Skills</li> <li>- Quick Reaction</li> </ul> <p><b>Coaches:</b></p>	<p>X ^ Y</p> <p>Goal</p> <p>X ^ Y</p> <p>X ^ Y</p> <p>X ^ Y</p>



<p>10 mins</p>	<p><b>Cool Down (Lightning)</b></p> <ul style="list-style-type: none"> <li>- Players line up single file 5 yards outside the box. 1 Player starts in frame.</li> <li>- All soccer balls are placed at the coach's feet to the right of the goal post.</li> <li>- Coach passes ball near the top of the box for the player to run on to and shoot first time.</li> <li>- If the shooter scores, he goes to the back of the line to shoot again.</li> <li>- If the shooter misses, he becomes Keeper.</li> <li>- If a keeper gets scored on he is out and must stand Behind the Goal.</li> <li>- If a player catches a shooter's ball before it hits the ground, he then returns to the game and the shooter is out.</li> <li>- All players return to game if someone hits the Cross Bar.</li> </ul>	<ul style="list-style-type: none"> <li>- Ankle Locked</li> <li>- Follow through and land on shooting foot</li> <li>- Call for ball</li> <li>- Non Kicking Foot pointed towards target.</li> </ul>	<p>10 to 15 yds. out from frame.</p>
	<p><b><i>If a lesson plan isn't working play:</i></b></p> <p><b>Head, Catch!</b></p> <ul style="list-style-type: none"> <li>- Players form a semi-circle around coach about 2 arms lengths away.</li> <li>- Coach tosses the soccer ball (use a flat or soft ball) toward players forehead and says either "Head" or "Catch"</li> <li>- The player then either heads it back to the coach's hands or catches it and tosses back to the coach's hands.</li> <li>- 3 strikes and you're out</li> <li>- Progress to Opposites</li> </ul> <p><b>In the River, On the Bank</b></p> <ul style="list-style-type: none"> <li>- Players line up arm's length apart on one of the lines on the field.</li> <li>- Coach says either "in the river" or "on the bank".</li> <li>- The line is the bank; off the line is the river.</li> <li>- Players jump forward and backward according to coach's command</li> <li>- Mess up and sit down</li> <li>- Switch to opposites.</li> </ul>	<ul style="list-style-type: none"> <li>- Listening skills</li> </ul>	