



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>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 : Head, Knees, Ball (Following Directions Game)</p> <ul style="list-style-type: none"> - Players partner up and face each other with 1 ball between them - Coach calls out body parts and the players touch that body part - When coach calls out "BALL", the players try to be the first to pick up the ball. - Best of 3 rounds wins then the players switch partners <p>Youtube.com – Australia – Heads, shoulders, knees, cones and fun</p> <p>*** Progress to: (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"> - Good Listening Skills - Quick Reaction <p>Coaches:</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>Cool Down (Lightning)</p> <ul style="list-style-type: none"> - Players line up single file 5 yards outside the box. 1 Player 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 shooter's 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. 	<ul style="list-style-type: none"> - Ankle Locked - Follow through and land on shooting foot - Call for ball - Non Kicking Foot pointed towards target. 	<p>10 to 15 yds. out from frame.</p>
	<p><i>If a lesson plan isn't working play:</i></p> <p>Head, Catch!</p> <ul style="list-style-type: none"> - Players form a semi-circle around coach about 2 arms lengths away. - Coach tosses the soccer ball (use a flat or soft ball) toward players forehead and says either "Head" or "Catch" - The player then either heads it back to the coaches hands or catches it and tosses back to the coaches hands. - 3 strikes and you're out - Progress to Opposites <p>In the River, On the Bank</p> <ul style="list-style-type: none"> - Players line up arm's length apart on one of the lines on the field. - Coach says either "in the river" or "on the bank". - The line is the bank; off the line is the river. - Players jump forward and backward according to coaches command - Mess up and sit down - Switch to opposites. 	<ul style="list-style-type: none"> - Listening skills 	