

FC BartlesvilleAcademy

Practice Lesson Plan

Team: U8 Academy Boys Practice time 1:00 **Traine**

Trainer: Marshall

Topic: Change Of Direction Moves

Time	Activity & Description	Coaching Points	Field Layout
5 Mins.	Warm Up – Ball Mastery 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	 Start Slow and focus on Technique Coaches walk around helping players perform skills Coaches: All	
10 Mins.	*** Players then Split into groups of 10 and move to stations. Station 1: Head, Knees, Ball (Following Directions Game) - 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 (Youtube.com – Australia – Heads, shoulders, Knees, cones and fun) *** 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.	- Good Listening Skills - Quick Reaction Coaches:	X ^ Y

10 Mins.	 Station 2: Ball Mastery (Individual Skill Game) Players work in small groups or alone with one ball each & line up facing the goal. On coach's command, the first player in line dribbles to the first cone, performs a move with one foot, then returns back to the starting point to repeat the same move with the opposite foot. This is repeated and on the third time out to the cone, players must shoot before passing the cone and try to score on the goal. Once completed the next person in the group repeats the task until all players have shot. The team that finishes first doesn't have a consequence (Push-ups, I'm a stars, flying Australians, ect (YouTube.Com – Coerver Coaching Mirror Moves Week 11) Moves – Inside of foot cut, outside of foot cut, pullback, step-on, whip, etc Station 3: Race To The Center (1v1 competition game) 	 Keep the Ball Close Control the ball, don't let it control you "You were blessed with two feet, a right and a left. Use them both" Master it slowly, then speed up "slow is smooth and smooth is fast" Eyes up every now and then while dribbling "Sneak a peek" Coaches:	^ XX^ OO^ YY^ ^	^ ^	^ Goal
10 Mins.	 Players split into two teams on opposite ends of the field. On coach's command, the first player on each side races around the field to their closest corner flag, then to mid-point (cone or stick), then towards the coach. The first player to get to the mid-point and yells "BALL" is who the coach passes the ball to. The player with the ball tries to score on the opponent's goal while the opposition player tries to steal the ball and do the same. Coaches Tip: Play the ball to the player away from the defender or towards the defender depending on the skill of the player receiving the pass. You could also very the power, height, or speed of the pass to the player to increase or decrease the difficultly. 	 Call for "Ball" using an outside voice Work hard to win the ball and KEEP IT! DON'T JUST KICK IT AWAY! Use deception (new moves) to trick your opponent First touch (pass from coach) should be towards your target Coaches:	Goal XXX	^ Coach	^ Goal OOO
10 Mins. X2	Station 4 & 5: End Game 4v4 - All rules apply Free kicks (indirect and direct), given when rules are broken. *** 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. Progress to: Must pass with purpose, extra points scored off cross, direct kicks, etc	Coaches:		Full Field	

10 mins	 Cool Down (Lightning) 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. 	 Ankle Locked Follow through and land on shooting foot Call for ball Non Kicking Foot pointed towards target. 	10 to 15 yds. out from frame.
	 All players return to game if someone hits the Cross Bar. If a lesson plan isn't working play: Head, Catch! 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 In the River, On the Bank 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 	- Listening skills	