



FC Bartlesville Academy

Practice Lesson Plan

Team: U8 Academy Boys

Practice time 1:00

Trainer: Marshall

Topic: Change Of Direction Skills 2

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 : Speed Drill #2 (1v1)</p> <ul style="list-style-type: none"> - Players partner up with 1 ball per pair - 1 pair of players moves to the center and stand back to back - The coach places the ball between the two players backs and with pressure the keep the ball there. - When coach says "play", both players turn letting the ball fall and try to score on 1 of 4 goals. <p>Youtube.com – Coerver Coaching Make Your Move – Speed Drill #2</p> <p>*** Progress to: Coach specifies which goal to shoot on.</p>	<ul style="list-style-type: none"> - Good Listening Skills - Quick Reaction - Change of Direction Moves. <p>Coaches:</p>	<p>Goal</p> <p>Goal X ^ Y Goal</p> <p>Goal</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 	