

## FC BartlesvilleAcademy

## Practice Lesson Plan

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

Trainer: Marshall Topic: Change Of Direction Skills 2

Time	Activity & Description	Coaching Points	Field Layout
5 Mins.	<ul> <li>Warm Up – Ball Mastery</li> <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>	<ul> <li>Start Slow and focus on Technique</li> <li>Coaches walk around helping players perform skills</li> </ul> Coaches: All	
	*** Players then Split into groups of 10 and move to stations.		
10 Mins.	<ul> <li>Station 1: Speed Drill #2 (1v1)</li> <li>Players partner up with 1 ball per pair</li> <li>1 pair of players moves to the center and stand back to back</li> <li>The coach places the ball between the two players backs and with pressure the keep the ball there.</li> <li>When coach says "play", both players turn letting the ball fall and try to score on 1 of 4 goals.</li> <li>(Youtube.com - Coerver Coaching Make Your Move - Speed Drill #2)</li> <li>*** Progress to: Coach specifies which goal to shoot on.</li> </ul>	<ul> <li>Good Listening Skills</li> <li>Quick Reaction</li> <li>Change of Direction Moves.</li> </ul> Coaches:	Goal  Goal X ^ Y Goal  Goal

10 Mins.	<ul> <li>Station 2: Open Space Dribbling (Individual Skill Learning Moves)</li> <li>Players Space themselves out evenly in the grid</li> <li>All players with a ball</li> <li>On coaches command players start jogging in the space without the ball.</li> <li>Coach will then say "sprint" at which time the players sprint for 3 secs then continue to jog.</li> <li>After about 1 min the players add a soccer ball and repeat.</li> <li>The coach then shows the players how to do a "step on" and tells them to use that move when they hear the term "switch".</li> <li>Progress to: teaching new moves and having players sprint after each move is completed into space.</li> <li>Moves – Inside of foot cut, outside of foot cut, pullback, step-on, whip, scissors, cryuff, etc</li> </ul>	<ul> <li>Keep the Ball Close</li> <li>Control the ball, don't let it control you</li> <li>"You were blessed with two feet, a right and a left. Use them both"</li> <li>"Change of Direction, Change of Speed"</li> <li>Eyes up every now and then while dribbling "Sneak a peek"</li> <li>Look for the open space to sprint into</li> </ul> Coaches:	Large Grid
10 Mins.	<ul> <li>Station 3: Speed Drill #5 (1v1 competition game)</li> <li>Players partner up and line up single file with the partner in front having a ball.</li> <li>On coach's command, the first player (Defender) in line dribbles the ball out and does a "step on" to stop the ball. The second (Attacker) player immediately follows collecting the ball after his partner leaves it.</li> <li>The attacking player tries to score on 1 of the two goals in front of him and the defender tries to steal it and attack in the opposite direction.</li> <li>(Youtube: Coerver Coaching Make Your Move – Skill Drill #5)</li> </ul>	<ul> <li>Work hard to win the ball and KEEP IT!         DON'T JUST KICK IT AWAY!</li> <li>Use deception (new moves) to trick your opponent</li> </ul> Coaches:	OX ^ Coach  Goal  Goal  A
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	<ul> <li>Cool Down (Lightning)</li> <li>Players line up single file 5 yards outside the box. 1 Players 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 shooters 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> <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>	10 to 15 yds. out from frame.
	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  Switch to opposites.	- Listening skills	