

FC Bartlesville Academy

Practice Lesson Plan: Week 6

Team: U8 Academy Boys Practice time 1:00

Coach Marshall

Topic: Checking & Receiving

Activity & Description Coaching Points Field Layout Time Warm Up: Coerver Finding rhythm, All players with a ball. Run through a series of ball mastery skills: Make this as exciting as possible foundation, Toe Touches, Triangle, Push/Pull, etc... 10 mins Open space. "How many times can you touch the ball in Coach demos. the next 30 secs. Station 1: Checking to using Man Players divide into groups of 3 with one ball per group. Players then line up and for 30 secs. Each player takes a turn in the center position where 20x10 Space Grid he checks to the ball. The passing player says calls "Man" when he passes to the center player. Checking to the ball and calling for "Ball" Both players on ends of grid have one ball each. The center player checks The player passing the ball must call man 10 mins to an outside player calling for ball. He then receives it with the inside of when he passes. (this signifies there is his foot and passes back to that same player with the inside of the defender behind him and he needs to play opposite foot. the ball back) After the pass he then checks to and calls for ball from the opposite **Progress to:** Specific parts of foot Station 2: Grid Work; No defender Players split up into groups of 3. In the grid provided the players pass the First touch towards target. Let ball run across your body and receive ball playing line or square passes to partners. The player with the ball 10 mins 10x10 yard grid goals. should always have 2 options. with foot farthest away from ball. Focus on playing the ball in front of the player receiving the ball. Call for ball. "Ball, square or line" Progress to: Limited touches,

10 mins	 Station 3: 3v3 W/GKs Players divide into two teams. Players then go to 1 of three lines (either side of their goal or touch line at half field mark). On coaches command two center players race to square in center of field, coach calls the team color and that teams keeper plays the ball to the center player checking in. Games last 1½ to 2 mins. If ball goes out the other teams keeper starts the ball. 	 Check to the ball on a sprint while calling for ball. Play the way you face. 	20x20 yard grid. X O Goal X O Goal X O
10 mins	Station 4: End Game 4v4 - All rules apply. (Exception – All restarts come from coach) - Goal only count if ball is on the ground when crossing the goal line If ball hits a cone it does not count Extra 1 point for three passes in a row Free kicks (indirect and direct), given when rules are broken. Progress to: Limited touches, Must trap ball first, extra points scored off cross, direct kicks, headers, etc	 Playing in Position (FWD,LM,RM,CB) Calling for ball Proper first touch 	Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.
10 mins	Cool Down (Lightning) Players tuck a target jersey in the back of the shorts, just enough to stay in. Players then try to collect as many jerseys as possible in two mins. Game is played three times. Game is over when all targets are collected or only one player is left with a jersey.	Body awareness	20x20 yard space

For this session placing players according to ability would be good, if possible. Players will be separated into groups of 9. Focus is Checking to and calling for ball. First touch should be away from pressure and towards target, be it a goal, gate, open space or teammate.