



FC Bartlesville Academy

Practice Lesson Plan: Week 3

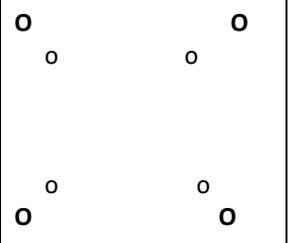
Team: U8 Academy Boys

Practice time 1:00

Coach Marshall

Topic: Dribbling 2

Time	Activity & Description	Coaching Points	Field Layout
10 mins	<p>Warm Up: Coerver</p> <ul style="list-style-type: none"> All players with a ball. Run through a series of ball mastery skills: foundation, Toe Touches, Triangle, Push/Pull, etc... Coach demos. 	<ul style="list-style-type: none"> Finding rhythm, Make this as exciting as possible "How many times can you touch the ball in the next 30 secs. 	Open space.
10 mins	<p>Station 1 : Ladders w/ Moves</p> <ul style="list-style-type: none"> Players pair up and run ladders with while dribbling the ball, using different moves to turn at each line. This is done in relay style. Two times through each then sit down. Winners don't have punishment. Coach must demo each move running the full set of ladders. <p>Moves: Inside/Outside foot cut, Pull backs, Cruyffs, Whips Punishments: Star jumps, Donkey Kicks, Booty Writing</p>	<ul style="list-style-type: none"> Good change of direction. Using both feet. Talk about "working hard" as much as possible. Lots of praise This is the least exciting station, be as enthusiastic as possible. Intensity, lots of praise. <p>Coaches: Someone who know the moves and can demo.</p>	Four lanes are created using cones. Each lane is made up of 5 cones on each side.

<p>10 mins</p>	<p>Station 2: Speed Dribbling Relay</p> <ul style="list-style-type: none"> - Field is set up in a square with cones at each corner of the grid. - A second cone is placed to the right of each cone and forward 1 or 2 yards in front of the grid cone. - Players then each get to a cone (8 cones, players) - On the coaches command the inside player runs as quickly as possible to his teammate standing on the next cone (clockwise). The player tags his teammate who then runs to his next teammate. - The player standing on the outside of the grid will try to get to his teammate before the inside player reaches his teammate. <p>Progress to: Add a soccer ball to the inside player so he has to dribble with control and speed to his teammate. Players may <u>not</u> pass ball to teammates. They must dribble it to their teammate's feet.</p>	<ul style="list-style-type: none"> • Encourage Working Hard "Can you catch him?!?!" • Dribbling with laces, toe down. <p>Coaches:</p>	<p>10x10yard & 12x12yard grid.</p> 
<p>10 mins</p>	<p>Station 3: Dribbling with Speed and Control</p> <ul style="list-style-type: none"> - Players line up at starting point with ball and dribble through the cones using the inside of feet, then at the top right of the grid cutting to the inside and sprinting, using laces to dribble across to the other side of grid. Once at the other side he then repeats dribbling through cones and back to the starting point. <p>Progress to: only right footed, only left footed. Outside/inside of foot cut/cruyff at turn.</p>	<ul style="list-style-type: none"> • Laces with speed (toe down, long strides pushing the ball forward) • Inside of foot for control (small touches, take time, be accurate) <p>Coaches: Needs to be able to demo.</p>	<p>105x15 yard grid. Bottom right of grid is starting point. 5 cones are spaced 1 foot apart on right and left sides of grid.</p>
<p>10 mins</p>	<p>Station 4: End Game 4v4</p> <ul style="list-style-type: none"> - 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. <p>Progress to: Limited touches, Must trap ball first, extra points scored off cross, direct kicks, headers, etc...</p>	<ul style="list-style-type: none"> • Playing in Position (FWD,LM,RM,CB) • Calling for ball <p>Coaches:</p>	<p>Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.</p>
<p>10 mins</p>	<p>World Cup</p> <ul style="list-style-type: none"> - Players partner up. - Coach plays as a keeper and distributes balls out to players. - All players start at same time and coaches distributes ball to them. The players then try and score on coach. If a team scores they are out and reenter the game in the next round. - The team that does not score will be out of the tournament and help collect soccer balls for coach. 	<ul style="list-style-type: none"> • Proper shooting technique. 	<p>One goal with 20x20 yard space</p>

For this session placing players according to ability would be good, if possible. Players will be separated into groups of 8.