



# FC Bartlesville Academy

## Practice Lesson Plan

**Team: U10 Academy Boys**

*Practice time 1:15*

**Coach Marshall**

**Topic: Breaking Down**

Time	Activity & Description	Coaching Points	Field Layout
	<p><b>Station 1: 1v1 Rodeo</b></p> <ul style="list-style-type: none"> <li>- First, Teach Players how to break down into a defensive stance. **** without a ball players stand in a line facing the coach an arm length away from the other players. On the coaches command “break down” the players should have their legs staggered with knees slightly bent. This stance resembles the way a surfer stands on a surfboard. Next have the player put the majority of their weight on the back leg. Players should be able to lift their front foot up in the air and hold it in a karate kick pose; this insures the weight is on the back foot, not the front.</li> <li>- Players partner up and face each other in one line.</li> <li>- One partner is offense and other partner is defense.</li> <li>- Offensive player tries to run behind the defensive player to get across the line.</li> <li>- Defensive player try to keep the offensive player in front of him.</li> <li>- Players should be switching roles and run through each about 3 to 5 times.</li> </ul> <p><b>Progress to:</b> Add a ball</p> <ul style="list-style-type: none"> <li>- Defensive player does NOT steal the ball, but continues to back pedal towards the end line trying to keep the offensive player about 2 arm lengths in front of him.</li> </ul>	<ul style="list-style-type: none"> <li>• Breaking down (body position).</li> <li>• Quick footwork</li> <li>• Decision making: “which direction to force opponent”</li> <li>• Good spacing between players</li> </ul> <p><b>Coaches:</b></p>	<p>10x15 yards long</p>

	<p><b>Station 2: Breaking Down on cones</b></p> <ul style="list-style-type: none"> <li>- Players jog in space and on coach's command (break down), the players sprint to the nearest cone and break down.</li> <li>- Players stay in break down position as coach walks around correcting body position.</li> <li>- Once the foot work is corrected, push slightly on the players to check if they are off balance, they should be able to take a pretty hard shove if their body position is good.</li> </ul> <p><b>Progress to:</b> Add a partner. Players decide who will be the pressuring defender and who will be the covering defender. The first player to the cone is "pressure" and the second defender to the cone is "cover". Players should say these terms as they break down. The covering defender should be about 3 feet behind the pressuring defender and slightly pinched in. Both players should be facing the same direction. Example both facing inside to the right.</p>	<ul style="list-style-type: none"> <li>• Correct body position</li> <li>• Correct spacing from the cone</li> <li>• Communication</li> </ul> <p><b>Coaches:</b> J. Williams</p>	<p>15x15 yard square grid</p>
	<p><b>Station 3: 1v1</b></p> <ul style="list-style-type: none"> <li>- Players play 1v1 trying to score by dribbling over the end line.</li> <li>- Defensive player play the ball to the offensive player.</li> <li>- Points are scored when offensive and defensive teams dribble pass the end line. 1pt. if the offensive team scores, 2 pts. If the defensive team scores. No points given if ball goes out.</li> </ul>	<ul style="list-style-type: none"> <li>• Closing the space quickly</li> <li>• Breaking down</li> <li>• Forcing in a specific direction</li> </ul> <p><b>Coaches:</b> Collins, Hornick</p>	<p>7x15 yards long</p> <p>Narrow field gives more success to the defensive players</p>
	<p><b>Station 4: 1v1 – 2 Goals</b></p> <ul style="list-style-type: none"> <li>- Players divide into two teams. Each team has a starting point.</li> <li>- All players have a ball.</li> <li>- To start 1 player from team A score a goal in one of the two goals.</li> <li>- As soon as Player A scores, Player B Runs out and tries to score on one of the 2 goals while Player A plays defense.</li> <li>- When player B scores or the ball goes out, the next player from team A tries to score a goal and player B becomes defender.</li> <li>- Play continues until players run out of ball or can no longer run ☺</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling at speed towards goal</li> <li>• Beating the defender with a change of direction or speed</li> </ul> <p><b>Coaches:</b> Lindblom, Jen Reeder</p>	<p>A B A B A B</p> <p>Goal Goal</p>
<p>10</p>	<p><b>Station 5 &amp; 6: End Game 6v6</b></p> <ul style="list-style-type: none"> <li>- All rules apply.</li> <li>- Extra 5 points if a goal is scored from a header.</li> <li>- Free kicks (indirect and direct), given when rules are broken.</li> </ul> <p><b>Progress to:</b> Limited touches, <b>Must pass with purpose</b>, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"> <li>• First touch away from pressure.</li> <li>• Spreading out.</li> <li>• Calling for ball using terms (line, square, drop, through)</li> <li>• Responsibility of each position (throw ins, corner kicks, goal kicks, etc..)</li> </ul> <p><b>Coaches:</b> Buice, S. Williams</p>	<p>Full Size Field</p>

