



FC Bartlesville Academy

Practice Lesson Plan

Team: U10 Academy Boys

Practice time 1:15

Coach Marshall

Topic: Moves- Change of Direction (2)

Time	Activity & Description	Coaching Points	Field Layout
	<p>Station 1: Ladders w/ Change of Direction Moves</p> <ul style="list-style-type: none"> - Players form multiple lines and - Moves – Inside Cut, Outside Cut, Cruyeff, Step Over, Pullback Turn, Whip. <p>Progress to:</p> <ul style="list-style-type: none"> - Race. - Work on back to back change of direction moves using the same move. - Combine different change of direction moves back to back. 	<ul style="list-style-type: none"> • Good Technique. • Lots of repetition. <p>Coaches: Israel, Crain</p>	
	<p>Station 2: Circle Drill w/ Change of Direction Moves</p> <ul style="list-style-type: none"> - Players form a circle. - 5 balls will be in play at once. - Players will dribble into the center of the circle and perform a predetermined change of direction move. Once they have completed the move they will then burst of speed away towards a teammate and exchange the ball with him. - Moves- Inside Cut, Outside Cut, Cruyeff, Step Over, Pullback Turn, Whip. - - Progress to: Work on back to back change of direction moves using the same move. - Combine different change of direction moves back to back. 	<ul style="list-style-type: none"> • Offensively - Good change of direction using moves. • Defensively – players breaking down and trying to contain. • <p>Coaches: Buice, Collins</p>	10 to 15 yard Diameter

	<p>Station 3: 1v1 – Directional 4 Goal Game</p> <ul style="list-style-type: none"> - Players split into two teams. - Each team will be going in a specific direction. - On coaches command both players sprint to the center cone and then back paddle back to their starting point. - The Coach plays the ball to the player that makes it back to their starting point first. - The player with the ball can score on the opposing team’s goal of his choice. 	<ul style="list-style-type: none"> • Good change of direction moves. • Burst of speed to marker cones. • Good first touch <p>Coaches: Lindblom, Hornick</p>	<p>Goal Goal</p> <p>XXX ^ OOO</p> <p>Goal Goal</p>
	<p>Station 4: 1v1 – Checking 4 Goal Game</p> <ul style="list-style-type: none"> - Players split into two teams. - On the coaches command, players sprint into the center space. - The coach plays the ball to the player who arrives first. The player with the ball then has the option of scoring on any one of the 4 goals. <p>Progress to: Full</p>	<ul style="list-style-type: none"> • Burst of speed off the line • Good first touch towards target <p>Coaches:, Jen Reeder, J. Williams</p>	<p>Goal X O Goal</p> <p> ^ ^</p> <p> ^ ^</p> <p>Goal Coach Goal</p>
10	<p>Station 5 & 6: End Game 6v6</p> <ul style="list-style-type: none"> - All rules apply. - Extra 5 points if a goal is scored from a header. - Free kicks (indirect and direct), given when rules are broken. <p>Progress to: Limited touches, Must pass with purpose, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"> • First touch away from pressure. • Spreading out. • Calling for ball using terms (line, square, drop, through) • Responsibility of each position (throw ins, corner kicks, goal kicks, etc..) <p>Coaches: Jay, S. Williams</p>	<p>Full Size Field</p>