



FC BartlesvilleAcademy

Practice Lesson Plan

Team: U10 Academy Boys

Practice time 1:15

Coach Marshall

Topic: Running With The Ball

Time	Activity & Description	Coaching Points	Field Layout
10	<p>Station 1: 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) Eyes up to see what's in front of you. <p>Coaches: Israel, Jon Reeder</p>	
10	<p>Station 2: Running W/ the ball (Grid)</p> <ul style="list-style-type: none"> Players split into groups of 8, 2 players per square. Players (1) then sprint from one square to the next (counter clockwise) slapping the player (2) opposite them hand. Player (1) continues his sprint to the next grid while player (2) tries to beat him to that grid. Player (2) then slaps player (3)s hand while player (3) tries to beat player (2) to the next grid and so on. This is first done without the ball. <p>Progress to: Add soccer ball</p>	<ul style="list-style-type: none"> Dribbling with laces Eyes up to see where you are going <p>Coaches: J. Williams</p>	<p>Grid Set Up</p> <pre> ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ </pre>

	<p>Station 3: Speed Gate Dribbling</p> <ul style="list-style-type: none"> - Players are split into two groups, within each group, two players are on each cone facing each other. - Player A starts to the right of the cone with the ball and dribbles with speed towards teammate B opposite him. - Once square with teammate B he then passes the ball through the gate to him. Player B then repeats the pattern. - Progress to: After Player A passes through the gate to player B, Player A then runs backwards trying to beat Player B back to his line. (Players do not rotate lines) - After Player A passes to Player B, Player A sprints around the last cone and tries to tag player B. (Players do not rotate lines) 	<ul style="list-style-type: none"> • Use laces, • Good First touch out in front • Long strides • Receive the ball with the outside foot <p>Coaches: Collins, Hornick</p>	<p>C ^ A ^ ^ B ^ D</p>
	<p>Station 4:</p> <ul style="list-style-type: none"> - Players divide into two teams. Each team has a starting point. - All players have a ball. - To start 1 player from team A score a goal in one of the two goals. - 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. - 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. - Play continues until players run out of ball or can no longer run 😊 - 	<ul style="list-style-type: none"> • Dribbling at speed towards goal • Beating the defender with a change of direct ion or speed <p>Coaches: Lindblom, Jen Reeder</p>	<p>A B A B A B Goal Goal</p>
<p>10</p>	<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: Buice, S. Williams</p>	<p>Full Size Field</p>