



FC Bartlesville Academy

Practice Lesson Plan

Team: U10 Academy Boys

Practice time 1:15

Coach Marshall

Topic: Shooting 1

Time	Activity & Description	Coaching Points	Field Layout
10	<p>Station 1 : Shooting w/ Pressure</p> <ul style="list-style-type: none"> - Players (1) form a line running horizontally with the top of the goal box. Each player with a ball. - One player (2) stands across from the line of players with the ball. - A third (3) player stands at the top of the arc of the goal box. - Player 1 passes to player 2 who plays the ball off to player 3 who tries to score on the keeper in frame. <p>Player rotation: Follow the pass. #1 takes #2 spot, #2 becomes shooter.</p> <p>Progress to: Adding a defensive player. A 4th line may be created on the goal line next to the frame to provide pressure. Player 4 now rotates to player 1's line and the shooting player goes to player 4's line.</p>	<ul style="list-style-type: none"> • Lock ankle • Plant foot points towards target • Follow through with shooting foot and land on that foot. • Strike ball in the "nose" • Ball should be even with plant foot • Chest over ball • Do not watch shot, follow it up. <p>Coaches:</p>	
10	<p>Station 2: Passing Circle</p> <ul style="list-style-type: none"> - Players split into two groups of even numbers. - One group of players will be around the perimeter of the circle, each with a ball, while the other group is inside the circle. - The players on the inside check to players with a ball on the outside calling their name and asking for ball. - Players inside work for about 1 min then switch with outside players. - <p>Progress to: limited touches, different parts of foot.</p>	<ul style="list-style-type: none"> • Communication (learning names) • Passing technique (See 1st session) <p>Coaches: John Williams</p>	10 Yard Diameter Circle
10	<p>Station 3: Pass and Follow: Wall Pass</p> <ul style="list-style-type: none"> - Players start out with pass and follow. - Once players have that down we progress to a wall pass. <p>Progress to: Limited touches, how many perfect passes can your group get in 1 minute?</p>	<ul style="list-style-type: none"> • On toes ready to receive the ball, • Passing technique (see 1st session) • Calling for Ball <p>Coaches: Kirk Israel</p>	

	<p>Station 4: Pong tournament</p> <ul style="list-style-type: none"> - Players pair up with one soccer ball per pair. - Players then pass back and forth between cones spaced at 1 to 2 yards apart, to each other making sure the ball never stops moving and goes between the two cones (without touching them). - All passes must be on the ground. - Points given if player violates any rules. - Each pair plays for 45 secs to 1 min. Players with least points then play against each other while players with lowest points play each other. 	<ul style="list-style-type: none"> • Confidence in trying a new move. • Extreme change of direction • Timing of when to start the move. <p>Coaches: Jon Reeder & Scott Williams</p>	
	<p>Station 5: 3 Soccer Bowling</p> <ul style="list-style-type: none"> - Players divide into two teams and play a small sided game. - Instead of goals, players try to knock soccer balls off opponents cones. <p>Progress to: Limited touches, Must pass with purpose</p>	<ul style="list-style-type: none"> • Passing technique (see 1st session) • Communication between teammates. • Spreading out. <p>Coaches: Kristen Lindblom, Todd Hornick</p>	
10	<p>Station 6 & 7: 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: Dee Dee Buice & Jenn Reeder</p>	Full Size Field