



# FC Bartlesville Academy

*Practice Lesson Plan: Week 8*

**Team: U10 Academy Boys**

*Practice time 1:15*

**Coach Marshall**

**Topic: Checking & Receiving Part 1**

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p><b>Station 1 : Passing with Man or Turn</b></p> <ul style="list-style-type: none"> <li>- Players divide into groups of 3 with one ball per group. Players then line up and for 30 secs. Each player takes a turn in the center position where he checks to the ball. The passing player says either man or turn.</li> <li>- <b>Progress to:</b> Limit touches, Specific parts of foot,</li> </ul>	<ul style="list-style-type: none"> <li>• Calling for ball</li> <li>• Protecting the ball as you turn.</li> </ul> <p><b>Coaches:</b> Lindbloom, Reeder</p>	
10- 15	<p><b>Station 2: Grid Work ; No defender</b></p> <ul style="list-style-type: none"> <li>- Players split up into groups of 3. In the grid provided the players pass the ball playing line or square passes to partners. The player with the ball should always have 2 options.</li> <li>- <b>Progress to:</b> Limited touches, Square pass diagonal run.</li> </ul>	<ul style="list-style-type: none"> <li>• Receiving with outside foot.</li> <li>• No hospital balls</li> <li>• First touch towards target.</li> </ul> <p><b>Coaches:</b> Walsh, Brown</p>	
10-15	<p><b>Station 3: 3v3 W/GKs</b></p> <ul style="list-style-type: none"> <li>- Players divide into two teams. Players then go to 1 of three lines (either side of their goal or touch line at half field mark). On coaches command two center players race to square in center of field, coach calls the team color and that teams keeper plays the ball to the center player checking in.</li> <li>- Games last 1½ to 2 mins. If ball goes out the other teams keeper starts the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Checking to and calling for Ball</li> <li>• Working hard, Not giving up.</li> </ul> <p><b>Coaches:</b> Pectol, Bryant</p>	
10-15	<p><b>Station 4 &amp; 5: 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, Must trap ball first, 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> Eads, Warehime</p>	

