



FC Bartlesville Academy

Practice Lesson Plan: Week ?

Team: U10 Academy Boys

Practice time 1:30

Coach Marshall

Topic: Passing (short Passes)

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p>Station 1 : Passing Square w/ Short, Short, Long</p> <ul style="list-style-type: none"> - Players divide into groups of 6 to 8 and pass around the grid in a short, short, long patter. - Progress to: Limit touches, 	<ul style="list-style-type: none"> • Calling for ball • Let the ball run across the body. • Correct Pace of ball. • Plant foot pointing toward target. • On toes ready to receive the ball. <p>Coaches: Walsh</p>	15x15 grid
10- 15	<p>Station 2: Circle Drill</p> <ul style="list-style-type: none"> - Players surround the perimeter of the circle. When a player receives a pass he then dribbles to the center of circle and does a move followed by a pass. - Progress to: Limited touches, specific passes. 	<ul style="list-style-type: none"> • Receiving with inside of foot • No hospital balls • First touch towards target. • Burst of speed after move. <p>Coaches: Pectol</p>	15 yard diameter circle.
10-15	<p>Station 3: Eggs in the Basket</p> <ul style="list-style-type: none"> - Players divide into 4 teams of 2 with each team in one corner of the grid. In the center of the grid there are 7 balls, the team to collect 3 balls in there corner wins. Only one player per round may retrieve balls. - Players may steal balls from other teams corners, but not from another player. <p>Progress to: Start with using only hands for two rounds. Then only feet for two rounds. Losing teams do punishment.</p>	<ul style="list-style-type: none"> • Checking to and calling for Ball • Working hard, Not giving up. <p>Coaches: Eads, Reeder</p>	15x15 yard grid.
10-15	<p>Station 4 & 5: End Game 6v6</p> <ul style="list-style-type: none"> - All rules apply. - Extra 5 points if a goal is scored from a drop pass. - Free kicks (indirect and direct), given when rules are broken. <p>Progress to: Limited touches, Must trap ball first, 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: Reeder, Lindblom</p>	Regulation Size.

