



FC Bartlesville Academy

Practice Lesson Plan: Week 7

Team: U10 Academy Boys

Practice time 1:15

Coach Marshall

Topic: Possession (Focus on 1st touch)

Time	Activity & Description	Coaching Points	Field Layout
10-15	<p>Station 1 : Possession Game</p> <ul style="list-style-type: none"> - Players divide into two teams of 3. The four other players are spaced evenly on each side of the grid to be used as neutral players/ wall pass. Outside players only have two touches. - 2 to 3 min games. Team with the most passes in a row wins. - Progress to: Limit touches 	<ul style="list-style-type: none"> • First touch towards target and away from pressure. • Making runs into space <p>Coaches: Pectol, Lindboom</p>	
10- 15	<p>Station 2: 2v2+N</p> <ul style="list-style-type: none"> - Players split up and play 2v2+Neutral player - Small goals are used on either end of the field. Goals only count if they are on the ground. - Progress to: Limited touches. 	<ul style="list-style-type: none"> • First touch away from pressure. • Creating space by spreading out. <p>Coaches: Reeder, Warehime</p>	
10-15	<p>Station 3: 4v4 w/ Targets</p> <ul style="list-style-type: none"> - Players divide into two teams and play 4v4 on a wide field with six goals. One or two players from each team stand behind the goals their team is attacking. Players behind goals can move to any of the three goals. - Points are scored by passing through the goals (1pt), and if that pass goes to a teammate then its worth 5 pts. - Progress to: limited touches 	<ul style="list-style-type: none"> • First touch away from pressure and towards goal • Not forcing the shot. If it's not on go switch to the other side. <p>Coaches: Walsh, Brown</p>	
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 header. - 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: Eads, Bryant</p>	

