



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 : Numbers Passing</p> <ul style="list-style-type: none"> - Players divide into two or three teams. Teams number off and pass in numbered order from 1 to 3 or 4. - After a pass is made players must go to new location. - Progress to: all teams in one large grid. Then every 3rd pass is long . Finally which team can be the last team with a ball. 	<ul style="list-style-type: none"> • First touch towards target. • Communication <p>Coaches: Pectol, Lindboom</p>	
10- 15	<p>Station 2: FC Koln Possession</p> <ul style="list-style-type: none"> - Players split into two teams of 5 each with a keeper. The offensive team starts with all 5 players on the field and the defensive team starts with just the GK and one defender. One by one the coach sends the rest of the defenders on the field and once both sides have even number of players can the offensive team score. - Games last 2mins. If defender wins the ball at any point his whole team gets to join in. Defense goals are worth double. - Progress to: Limited touches for the offensive team until all defensive team join. Every player must touch the ball before a shot. 	<ul style="list-style-type: none"> • First touch away from pressure. • Creating space by spreading out. <p>Coaches: Eads, Bryant</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 w 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>	

<p>10-15</p>	<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: Reeder, Wearhime</p>	
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