



# FC Bartlesville Academy

## Practice Lesson Plan

**Team: U7 Academy Boys**

*Practice time 1:00*

**Trainer: Marshall**

**Topic: Change Of Direction Moves 1**

Time	Activity & Description	Coaching Points	Field Layout
5 Mins.	<p><b>Warm Up – Ball Mastery</b></p> <ul style="list-style-type: none"> <li>- All players spread out and perform ball mastery skills on coach's command.</li> <li>- Foundation, Toe Touches, Triangles, Toe Touch Tap Dance, Push Pulls, Vs, Foundation w/Roll, etc...</li> </ul> <p><b>*** Players then Split into groups of 10 and move to stations.</b></p>	<ul style="list-style-type: none"> <li>• <b>Start Slow</b> and focus on <b>Technique</b></li> <li>• Coaches walk around helping players perform skills</li> </ul> <p><b>Coaches:</b> All</p>	
10 Mins.	<p><b>Station 1 : Ladders With Moves</b></p> <ul style="list-style-type: none"> <li>- Player's pair up or work as individuals and run ladders using a predetermined move to turn at each line.</li> <li>- Players should alternate which foot they turn with at each cone.</li> <li>- Once one player finishes, the second player starts.</li> <li>- Two times through each then sit down.</li> </ul> <p><b>Moves:</b> Inside/Outside foot cut, Pull backs, Cruyffs, Whips  <b>Progress to:</b> Relay Race: Winners don't have punishment.</p>	<ul style="list-style-type: none"> <li>• Focus on Good Change of Direction</li> <li>• Performing the Move Correctly</li> <li>• Working Hard, No Short Cuts</li> </ul> <p><b>Coaches:</b></p>	<p>Half Field            3 yard Spacing Between Cones</p>

<p>10 Mins.</p>	<p><b>Station 2 : Circle Drill W/ Change of Direction Moves</b></p> <ul style="list-style-type: none"> <li>- Players form a circle.</li> <li>- All Players with a Ball and numbered 1,2,3, 1,2,3, etc..</li> <li>- When the coach calls a players number, he will dribble into the center of the circle and perform a predetermined change of direction move. Once they have completed the move they will then burst of speed away towards a new spot in the circle</li> <li>-</li> <li>- <b>Moves-</b> Inside Cut, Outside Cut, Cruyeff, Step Over, Pullback Turn, Whip.</li> <li>- <b>Progress to:</b> Work on back to back change of direction moves using the same move.</li> </ul> <p>Combine different change of direction moves back to back.</p>	<ul style="list-style-type: none"> <li>• Eyes up when dribbling</li> <li>• Calling for ball</li> <li>• Correct spacing between teammates</li> <li>• Defenders winning the ball and KEEPING IT!</li> </ul> <p><b>Coaches:</b></p>	<p>Half Field</p> <p>Pugg XX</p> <p>Goal</p> <p>OO</p> <p>XX Pugg</p>
<p>10 Mins.</p>	<p><b>Station 3: Coerver Coaching – Make your Move – Skill Drill #5</b></p> <ul style="list-style-type: none"> <li>- Players split into two lines (offense and defense).</li> <li>- The defensive players pass the ball to the offensive players opposite them.</li> <li>- The players in the offensive line then try to score on one of the two goals. All shots must be taken inside the marker cones.</li> <li>- Defensive players try to win the ball and score on either goal.</li> <li>- After one player scores, both players then race to the opposite marker cones.</li> <li>- Players rotate lines.</li> </ul>	<ul style="list-style-type: none"> <li>• Burst of speed to marker cones.</li> <li>• Good change of direction moves.</li> <li>• Confidence in trying a new move.</li> <li>• Extreme change of direction</li> <li>• Timing of when to start the move.</li> <li>-</li> </ul>	<p>X X X</p> <p>^                      ^</p> <p>^                      ^</p> <p>Goal                      Goal</p> <p>^                      ^</p> <p>O O O</p>
<p>10 Mins.</p>	<p><b>Station 4 &amp; 5: End Game 4v4</b></p> <ul style="list-style-type: none"> <li>- All rules apply.</li> <li>- Free kicks (indirect and direct), given when rules are broken.</li> </ul> <p><b>*** Focus On: Eyes up when in control of the ball, Going to a good place to help a teammate, Don't just kick the ball away.</b></p> <p><b>Progress to: Must pass with purpose, extra points scored off cross, direct kicks, etc...</b></p>	<ul style="list-style-type: none"> <li>• Eyes up,</li> <li>• Pass, dribble, or shoot with ball.</li> </ul> <p><b>Coaches:</b></p>	<p>Full Field</p>
<p>10 mins</p>	<p><b>Cool Down (Lightning)</b></p> <ul style="list-style-type: none"> <li>- Players line up single file 5 yards outside the box. 1 Players starts in frame.</li> <li>- All soccer balls are placed at the coach's feet to the right of the goal post.</li> <li>- Coach passes ball near the top of the box for the player to run on to and shoot first time.</li> <li>- If the shooter scores, he goes to the back of the line to shoot again.</li> <li>- If the shooter misses, he becomes Keeper.</li> <li>- If a keeper gets scored on he is out and must stand Behind the Goal.</li> <li>- If a player catches a shooters ball before it hits the ground, he then returns to the game and the shooter is out.</li> <li>- All players return to game if someone hits the Cross Bar.</li> </ul>	<ul style="list-style-type: none"> <li>- Ankle Locked</li> <li>- Follow through and land on shooting foot</li> <li>- Call for ball</li> <li>- Non Kicking Foot pointed towards target.</li> </ul>	<p>10 to 15 yds out from frame.</p>

***If a lesson plan isn't working play:***

**Head, Catch!**

- Players form a semi-circle around coach about 2 arms lengths away.
- Coach tosses the soccer ball (use a flat or soft ball) toward players forehead and says either "Head" or "Catch"
- The player then either heads it back to the coaches hands or catches it and tosses back to the coaches hands.
- 3 strikes and you're out
- Progress to Opposites

**In the River, On the Bank**

- Players line up arm's length apart on one of the lines on the field.
- Coach says either "in the river" or "on the bank".
- The line is the bank; off the line is the river.
- Players jump forward and backward according to coaches command
- Mess up and sit down
- Switch to opposites.

- Listening skills