



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

<p>10 Mins.</p>	<p>Station 2 : Circle Drill W/ Change of Direction Moves</p> <ul style="list-style-type: none"> - Players form a circle. - All Players with a Ball and numbered 1,2,3, 1,2,3, etc.. - 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 - - Moves- Inside Cut, Outside Cut, Cruyeff, Step Over, Pullback Turn, Whip. - Progress to: Work on back to back change of direction moves using the same move. <p>Combine different change of direction moves back to back.</p>	<ul style="list-style-type: none"> • Eyes up when dribbling • Calling for ball • Correct spacing between teammates • Defenders winning the ball and KEEPING IT! <p>Coaches:</p>	<p>Half Field</p> <p>Pugg XX</p> <p>Goal</p> <p>OO</p> <p>XX Pugg</p>
<p>10 Mins.</p>	<p>Station 3: Coerver Coaching – Make your Move – Skill Drill #5</p> <ul style="list-style-type: none"> - Players split into two lines (offense and defense). - The defensive players pass the ball to the offensive players opposite them. - 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. - Defensive players try to win the ball and score on either goal. - After one player scores, both players then race to the opposite marker cones. - Players rotate lines. 	<ul style="list-style-type: none"> • Burst of speed to marker cones. • Good change of direction moves. • Confidence in trying a new move. • Extreme change of direction • Timing of when to start the move. - 	<p>X X X</p> <p>^ ^</p> <p>^ ^</p> <p>Goal Goal</p> <p>^ ^</p> <p>^ O ^</p> <p> O</p> <p> O</p>
<p>10 Mins.</p>	<p>Station 4 & 5: End Game 4v4</p> <ul style="list-style-type: none"> - All rules apply. - Free kicks (indirect and direct), given when rules are broken. <p>*** 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.</p> <p>Progress to: Must pass with purpose, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"> • Eyes up, • Pass, dribble, or shoot with ball. <p>Coaches:</p>	<p>Full Field</p>
<p>10 mins</p>	<p>Cool Down (Lightning)</p> <ul style="list-style-type: none"> - Players line up single file 5 yards outside the box. 1 Players starts in frame. - All soccer balls are placed at the coach's feet to the right of the goal post. - Coach passes ball near the top of the box for the player to run on to and shoot first time. - If the shooter scores, he goes to the back of the line to shoot again. - If the shooter misses, he becomes Keeper. - If a keeper gets scored on he is out and must stand Behind the Goal. - If a player catches a shooters ball before it hits the ground, he then returns to the game and the shooter is out. - All players return to game if someone hits the Cross Bar. 	<ul style="list-style-type: none"> - Ankle Locked - Follow through and land on shooting foot - Call for ball - Non Kicking Foot pointed towards target. 	<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