



# FC Bartlesville Academy

## Practice Lesson Plan

**Team: U7 Academy Boys**

*Practice time 1:00*

**Trainer: Marshall**

**Topic: Dribbling With Speed**

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 : Dribbling with Speed vs. Control</b></p> <ul style="list-style-type: none"> <li>- Players line up at starting point with ball and dribble through the cones using the inside of feet, then at the top right of the grid cutting to the inside and sprinting, using laces to dribble across to the other side of grid. Once at the other side he then repeats dribbling through cones and back to the starting point.</li> </ul> <p><b>Progress to:</b> only right footed, only left footed. Outside/inside of foot cut/cruyff at turn.</p>	<ul style="list-style-type: none"> <li>• Laces with speed (toe down, long strides pushing the ball forward)</li> <li>• Inside of foot for control (small touches, take time, be accurate)</li> <li>• Eyes up to see what's in front of you.</li> </ul> <p><b>Coaches:</b></p>	<p>Half Field 3 yard Spacing Between Cones</p>

<p>10 Mins.</p>	<p><b>Station 2 : Dribbling With Speed (Team Races)</b></p> <ul style="list-style-type: none"> <li>- Players divide into groups of 4</li> <li>- With one ball per group players pass to their teammates opposite them then perform a variation of different runs after the pass through the gate.</li> <li>- 1<sup>st</sup> variation – after dribbling and passing through the gate, the payers goes to the back of the line.</li> <li>- 2<sup>nd</sup> variation - after dribbling and passing through the gate, the passing player sprints around the line trying to catch his dribbling teammate.</li> <li>- 3<sup>nd</sup> variation – after dribbling and passing through the gate, the passing player then must run backwards back to his original starting spot.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling with toe pointed down</li> <li>• Long strides and ball pushed farther in front of them.</li> <li>• Deceleration at as the player nears the gate.</li> <li>•</li> </ul> <p><b>Coaches:</b></p>	<p>Xx^ ^      ^ ^ xx</p> <p>Oo ^ ^      ^ ^ 00</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 (Two Teams).</li> <li>- On Coaches command, players race w/o a ball around the corner flag and towards the coach calling for ball once he clears the flag.</li> <li>- Coach plays the ball to one of the players who then tries to score on either of the two pugg goals.</li> <li>- Players w/o ball try to win it back and score for his team.</li> <li>- Pugg goals are placed back to back.</li> </ul> <p><b>*** Make goals worth points and the first team to win doesn't get a consequence like I'm a star jumps, Donkey Kicks, Write their initials with their bottom in the air, Flying Australians etc...</b></p>	<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> </ul>	<p style="text-align: center;">X X ^      X      ^</p> <p style="text-align: center;">Coach      Goal                  Goal</p> <p style="text-align: center;">^      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 style="text-align: center;">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 Player 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 shooter's 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>
	<p><b><i>If a lesson plan isn't working play:</i></b></p> <p><b>Head, Catch!</b></p> <ul style="list-style-type: none"> <li>- Players form a semi-circle around coach about 2 arms lengths away.</li> <li>- Coach tosses the soccer ball (use a flat or soft ball) toward players forehead and says either "Head" or "Catch"</li> <li>- The player then either heads it back to the coaches hands or catches it and tosses back to the coaches hands.</li> <li>- 3 strikes and you're out</li> <li>- Progress to Opposites</li> </ul> <p><b>In the River, On the Bank</b></p> <ul style="list-style-type: none"> <li>- Players line up arm's length apart on one of the lines on the field.</li> <li>- Coach says either "in the river" or "on the bank".</li> <li>- The line is the bank; off the line is the river.</li> <li>- Players jump forward and backward according to coaches command</li> <li>- Mess up and sit down</li> <li>- Switch to opposites.</li> </ul>	<ul style="list-style-type: none"> <li>- Listening skills</li> </ul>	