



FC Bartlesville Academy

Practice Lesson Plan

Team: U7 Academy Boys

Practice time 1:00

Trainer: Marshall

Topic: Intro to Passing

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 : Passing Technique</p> <ul style="list-style-type: none"> - Players split into pairs with 1 soccer ball between them - Players pass back and forth using at least 3 touches on the ball. (First touch to slow the ball down, second touch towards the target, third touch to pass to teammate. <p>Progress to: Must use both feet; Use weak foot; 2 touches only; must strike the ball while its moving.</p>	<ul style="list-style-type: none"> • Ankle locked • Plant foot pointed at target • Receiving the pass with inside of the foot. • Good pace on the pass. <p>Coaches:</p>	<p>10x10 yard grid</p> <pre> ^x x ^ ^x X ^ ^x x ^ ^x X ^ </pre>
10 Mins.	<p>Station 2 : Pong</p> <ul style="list-style-type: none"> - Players pair up with one soccer ball per pair. They place two cones anywhere from 2-8 yards apart. They choose! - Players then pass back and forth to each other making sure the ball never stops moving and goes between the two cones (without touching them). - All passes must be on the ground. - Points given if player violates any rules. <p>Progress to: Limited touches, specific parts of the foot .</p>	<ul style="list-style-type: none"> • Focus on where the plant foot is pointing. • Players should be following through their passes and landing on the pass foot. • Player's body position should be leaning slightly forward. • Finally making sure that their ankle is locked and they are using the correct surface of the foot. <p>Coaches:</p>	<p>They Choose</p>

<p>10 Mins.</p>	<p>Station 3: 3v3 Checking Game</p> <ul style="list-style-type: none"> - Players split into two teams - Each team has players at 3 locations, one to either side of the goal, the other in the center of the touch line. - On coaches command the two players sprint to the center of the field where the coach plays one of them the ball. - Once the ball is played, the players at the sides of the goal are then allowed to come on and they play 3v3. - If the ball goes out, the coach plays it back in. - Games last 1 to 2 minutes. - Progress to: 	<ul style="list-style-type: none"> • Good passing technique • Target player uses good judgment and technique in distributing the passes. <p>Coaches: minimum of 2, but 3 or 4 would be great</p>	<p style="text-align: center;">X Goal X ^ ^</p> <p>Coach X O</p> <p style="text-align: center;">^ ^ O Goal 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: Buice/Davis, Marshall</p>	<p style="text-align: center;">Full Field</p>
<p>10 mins</p>	<p>Cool Down (Lightning)</p> <ul style="list-style-type: none"> - Players tuck a target jersey in the back of the shorts, just enough to stay in. - Players then try to collect as many jerseys as possible in two mins. - Game is played three times. Game is over when all targets are collected or only one player is left with a jersey. - 	<ul style="list-style-type: none"> • Body awareness 	<p style="text-align: center;">20x20 yard space</p>