



FC Bartlesville Academy

Practice Lesson Plan: Week 2

Team: U8 Academy Boys

Practice time 1:00

Coach Marshall

Topic: Dribbling

Time	Activity & Description	Coaching Points	Field Layout
10 mins	<p>Warm Up: Coerver</p> <ul style="list-style-type: none"> All players with a ball. Run through a series of ball mastery skills: foundation, Toe Touches, Triangle, Push/Pull, etc... Coach demos. 	<ul style="list-style-type: none"> Finding rhythm, Make this as exciting as possible "How many times can you touch the ball in the next 30 secs. 	Open space.
10 mins	<p>Station 1 : Ladders w/ Moves</p> <ul style="list-style-type: none"> Players pair up and run ladders with while dribbling the ball, using different moves to turn at each line. This is done in relay style. Two times through each then sit down. Winners don't have punishment. Coach must demo each move running the full set of ladders. <p>Moves: Inside/Outside foot cut, Pull backs, Cruyffs, Whips Punishments: Star jumps, Donkey Kicks, Booty Writing</p>	<ul style="list-style-type: none"> Good change of direction. Using both feet. Talk about "working hard" as much as possible. Lots of praise This is the least exciting station, be as enthusiastic as possible. Intensity, lots of praise. <p>Coaches: Someone who know the moves and can demo.</p>	Four lanes are created using cones. Each lane is made up of 5 cones on each side.
10 mins	<p>Station 2: Eggs in a basket</p> <ul style="list-style-type: none"> Teams of two in each 5x5 grid. 16 Balls touching the center cone. Players try to collect as many balls as possible in their base. Team with most after 1 min wins. 1st round, no rules (players may choose to use hands, that's fine) 2nd round, no hands. 3rd round, only one ball at a time and only one player at a time can retrieve a ball. 4th round, no more base, all previous rules still apply. 	<ul style="list-style-type: none"> Encourage teamwork: "I like the way Johnny and Sam are working together" Encourage creativity: Good thinking having one player stay to cover base while the other retrieves the balls" <p>Coaches:</p>	40x40 yard grid with 5x5 yard grid in each corner of the larger grid. One cone in center of large grid.

10 mins	<p>Station 3: Dribbling with Speed and Control</p> <ul style="list-style-type: none"> 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. <p>Progress to: only right footed, only left footed. Outside/inside of foot cut/cruyff at turn.</p>	<ul style="list-style-type: none"> Laces with speed (toe down, long strides pushing the ball forward) Inside of foot for control (small touches, take time, be accurate) <p>Coaches: Needs to be able to demo.</p>	<p>105x15 yard grid. Bottom right of grid is starting point. 5 cones are spaced 1 foot apart on right and left sides of grid.</p>
10 mins	<p>Station 4: End Game 4v4</p> <ul style="list-style-type: none"> All rules apply. (Exception – All restarts come from coach) Goal only count if ball is on the ground when crossing the goal line. If ball hits a cone it does not count. Extra 1 point for three passes in a row. 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, headers, etc...</p>	<ul style="list-style-type: none"> Playing in Position (FWD,LM,RM,CB) Calling for ball <p>Coaches:</p>	<p>Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.</p>
10 mins	<p>Cool Down (Lightning)</p> <ul style="list-style-type: none"> Players line up single file 15 yards from goal. One player in goal to play as a keeper. All the soccer balls at the coaches feet. When the players calls for ball, the coach plays a ball out to him. If he misses he becomes Keeper for the next player in line. If he makes it he goes to the end of the line to shoot again. If the keeper saves it, the player is then eliminated from the game. <p>Progress to: If a shot hits the cross bar all eliminated players return to game. If an eliminated player catches the ball, the player who shot the ball is then out and the player who caught the ball is then the keeper.</p>	<ul style="list-style-type: none"> Proper shooting technique. 	<p>One goal with 20x20 yard space</p>

For this session placing players according to ability would be good, if possible. Players will be separated into groups of 8.