



# FC BartlesvilleAcademy

## Practice Lesson Plan

**Team: U8 Academy Boys**

*Practice time 1:00*

**Trainer: Marshall**

**Topic: First Session**

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 : Meet in the Middle (1v1 competition game)</b></p> <ul style="list-style-type: none"> <li>- Players split into two teams on opposite ends of the field.</li> <li>- On coach's command, the first player on each side jog to the middle of the field, touch fists (or high five), then back pedal as quickly as possible to the starting point.</li> <li>- The first player to get back to their starting point and yell "BALL" is who the coach passes the ball to.</li> <li>- The player with the ball tries to score on one of the opponent's two goals while the opposition player tries to steal the ball and do the same.</li> </ul>	<ul style="list-style-type: none"> <li>- Call for "Ball" using an outside voice</li> <li>- Use moves/tricks to beat opponent</li> <li>- Work hard to win the ball and <b>KEEP IT!</b> DON'T JUST KICK IT AWAY!</li> </ul> <p><b>Coaches:</b></p>	<table style="width: 100%; text-align: center;"> <tr> <td>^</td> <td>^</td> </tr> <tr> <td>Goal</td> <td>Goal</td> </tr> <tr> <td>XXX</td> <td>OOO</td> </tr> <tr> <td>Goal</td> <td>Goal</td> </tr> <tr> <td>^</td> <td>^</td> </tr> <tr> <td colspan="2">Coach</td> </tr> </table>	^	^	Goal	Goal	XXX	OOO	Goal	Goal	^	^	Coach	
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Coach															
10 Mins.	<p><b>Station 2 : Sharks &amp; Minnows (Individual Skill Game)</b></p> <ul style="list-style-type: none"> <li>- All Players with a ball</li> <li>- On coach's command, players dribble from one side of the field to the other without getting their ball stolen and kicked into the goal.</li> <li>- If a player's soccer ball gets stolen and kicked into the goal or out of the grid, they must then sit down and become a crab. -Crabs can grab or kick players soccer balls and throw them into the goal or out of the grid to help gets players out, but must stay in their spot. They can lean and reach to collect soccer balls.</li> <li>- Start with 1 or 2 sharks depending on the amount of kids (coaches or parents can be sharks).</li> </ul>	<ul style="list-style-type: none"> <li>- Keep the Ball Close</li> <li>- Control the ball, don't let it control you</li> <li>- Change of direction</li> <li>- Change of speed</li> </ul> <p><b>Coaches:</b></p>													

<p>10 Mins.</p>	<p><b>Station 3: Lightning (Shooting Game)</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>10 Mins. X2</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</b>, extra points scored off cross, direct kicks, etc...</p>	<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 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>

***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