



FC Bartlesville Academy

Practice Lesson Plan: Week 3

Team: U8 Academy Boys

Practice time 1:00

Coach Marshall

Topic: First Touch

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 : 6 Goal Game</p> <ul style="list-style-type: none"> Players split into two teams of 4 and try to score on one of the six available goals. Coach plays all new balls in whenever the ball goes out. Losing team gets punishment. (2 or 3 games) Could add extra ball to up excitement. <p>Punishments: Star jumps, Donkey Kicks, Booty Writing</p>	<ul style="list-style-type: none"> Good First touch towards target. Goal Awareness. (knowing where the closest goal is in relationship to player) Not forcing the shot. (There should always be at least open goal.) 	30x20 Space Grid
10 mins	<p>Station 2: FC Koln Possession</p> <ul style="list-style-type: none"> Players split into two teams of 5 each with a keeper. The offensive team starts with all 5 players on the field and the defensive team starts with just the GK and one defender. One by one the coach sends the rest of the defenders on the field and once both sides have even number of players can the offensive team score. Games last 2mins. If defender wins the ball at any point his whole team gets to join in. Defense goals are worth double. <p>Progress to: Limited touches for the offensive team until all defensive team join. Every player must touch the ball before a shot.</p>	<ul style="list-style-type: none"> First touch away from pressure. Getting into a good space to help your teammate. 	20x20 yard grid with goals.

10 mins	<p>Station 3: Possession Game</p> <ul style="list-style-type: none"> - Players divide into 3 teams of 2. Players then play 4v2 at any given point in the game. Start out with one team on defense and the other two teams are on the same team. If the defensive team wins the ball they then become the offensive team and the team that gave up the ball then becomes the defensive team. <p>Progress to: Limit touches</p>	<ul style="list-style-type: none"> • First touch towards target and away from pressure. • Making runs into space 	15x15 yard grid.
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 counts 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 • Proper first touch 	Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.
10 mins	<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 	20x20 yard space

For this session placing players according to ability would be good, if possible. Players will be separated into groups of 8. Focus is first touch away from pressure and towards target, be it a goal, gate, open space or teammate.