



FC Bartlesville Academy

Practice Lesson Plan: Week 6

Team: U8 Academy Boys

Practice time 1:00

Coach Marshall

Topic: Passing to Feet

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 : Gates Passing</p> <ul style="list-style-type: none"> Players divide in to pairs with one soccer ball. The pairs then try to score as many points as possible by passing the ball to their partner through the gates inside the circle. - - Progress to: Specific parts of foot 	<ul style="list-style-type: none"> Checking to the ball and calling for "Ball" The player passing the ball must call man when he passes. (this signifies there is defender behind him and he needs to play the ball back) 	20x20 circle Gates are setup inside the circle using matching cones. Gates are spaced randomly apart.
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. - Progress to: Limited touches, specific parts of the foot. 	<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. Players 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. 	They choose

10 mins	<p>Station 3: 3v3 W/GKs - Checking Game</p> <ul style="list-style-type: none"> - Players divide into two teams. Players then go to 1 of three lines (either side of their goal or touch line at half field mark). On coaches command two center players race to square in center of field, coach calls the team color and that teams keeper plays the ball to the center player checking in. - Games last 1½ to 2 mins. If ball goes out that round is over. 	<ul style="list-style-type: none"> • Check to the ball on a sprint while calling for ball. • Play the way you face. • 	<p>20x20 yard grid.</p> <pre> _____ X O Goal X O Goal X O _____ </pre>
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 • Passing to feet, not space. 	<p>Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.</p>
10 mins	<p>Cool Down: Ball Retrieve.</p> <ul style="list-style-type: none"> - Players partner up with one soccer ball per pair. They then give their ball to the coach who tosses it away with instructions to bring it back a specific way. <p>Example: “Bring the ball back using only your Heads” “backs” Elbows” “Juggling” “Bottoms” “crab walking”</p> <p>-</p>	<ul style="list-style-type: none"> • Body awareness • Working together • Problem solving. 	<p>20x20 yard space</p>

For this session placing players according to ability would be good, if possible. Players will be separated into groups of 9. Focus is on proper passing technique. Remember to demo when you explain and complement them when they use good technique. Call them out for using their toe to pass a ball. Explain why passing with their toe is less accurate because they do not have much surface area to in comparison to the inside of their foot.