



FC Bartlesville Academy

Practice Lesson Plan

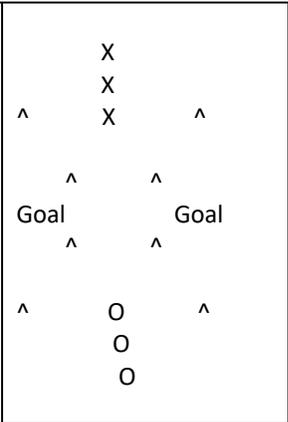
Team: U9 Academy Boys

Practice time 1:30

Trainer: Marshall

Topic: Change of Direction Moves

Time	Activity & Description	Coaching Points	Field Layout
15 Mins.	<p>Station 1 : Circle Drill w/ Change of Direction Moves</p> <ul style="list-style-type: none"> - Players form a circle. - 5 balls will be in play at once. - Players will dribble into the center of the circle and perform a predetermined change of direction move. Once they have completed the move they will then burst of speed away towards a teammate and exchange the ball with him. - Moves- Inside Cut, Outside Cut, Cruyeff, Step Over, Pullback Turn, Whip. - - Progress to: Work on back to back change of direction moves using the same move. <p>Combine different change of direction moves back to back.</p>	<ul style="list-style-type: none"> • Offensively - Good change of direction using moves. • Defensively – players breaking down and trying to contain. • <p>Coaches:</p>	10 to 15 Yard Diameter
15 Mins.	<p>Station 2: Ladders With Moves</p> <ul style="list-style-type: none"> - Players pair up and run ladders using a predetermined move to turn at each line. - Players should alternate which foot they turn with at each cone. - Once one player finishes, the second player starts. - Two times through each then sit down. <p>Moves: Inside/Outside foot cut, Pull backs, Cruyffs, Whips Progress to: Relay Race: Winners don't have punishment.</p>	<ul style="list-style-type: none"> • Focus on Good Change of Direction • Performing the Move Correctly • Working Hard, No Short Cuts <p>Coaches:</p>	3 yard Spacing Between Cones

<p>15 Mins.</p>	<p>Station 3: Coerver Coaching-Make your Move – Skill Drill #5</p> <ul style="list-style-type: none"> - Players split into two lines (offense and defense). - The defensive players pass the ball to the offensive players opposite them. - The players in the offensive line then try to score on one of the two goals. All shots must be taken inside the marker cones. - Defensive players try to win the ball and score on either goal. - After one player scores, both players then race to the opposite marker cones. - Players rotate lines. <p>Progress to: 180 turn back out of the gate, keep-away 1v1, keep-away2v2</p>	<ul style="list-style-type: none"> • Burst of speed to marker cones. • Good change of direction moves. • Confidence in trying a new move. • Extreme change of direction • Timing of when to start the move. <p>Coaches:</p>	
<p>15 Mins.</p>	<p>Station 4 & 5: End Game 6v6</p> <ul style="list-style-type: none"> - All rules apply. - Free kicks (indirect and direct), given when rules are broken. <p>*** Focus On: Throw-ins to Checking Players Feet</p> <p>Progress to: Limited touches, Must pass with purpose, extra points scored off cross, direct kicks, etc...</p>	<p>Coaches:</p>	<p>Full Field</p>
	<p>End of Practice Game: Lightning 2 Frames</p> <ul style="list-style-type: none"> - Players line up single file 5 yards outside the box. 1 Players starts in frame. - All soccer balls are placed at the coach’s feet to the right of the goal post. - Coach passes ball near the top of the box for the player to run on to and shoot first time. - If the shooter scores, he goes to the back of the line to shoot again. - If the shooter misses, he becomes Keeper. - If a keeper gets scored on he is out and must stand Behind the Goal. - If a player catches a shooters ball before it hits the ground, he then returns to the game and the shooter is out. - All players return to game if someone hits the Cross Bar. 	<ul style="list-style-type: none"> • Good Shooting Technique • No Toe Balls 	