



FC BartlesvilleAcademy

Practice Lesson Plan

Team: U9 Academy Boys

Practice time 1:30

Trainer: Marshall

Topic: Change Direction Moves 2

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: 1v1- Directional 4 Goal Game</p> <ul style="list-style-type: none"> - Players split into two teams. - Each team will be going in a specific direction. - On coaches command both players sprint to the center cone and then back peddle back to their starting point. - The Coach plays the ball to the player that makes it back to their starting point first. - The player with the ball can score on the opposing team’s goal of his choice. <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 • Burst of Speed after the Move <p>Coaches:</p>	<p>Goal Goal</p> <p>XXX OOO</p> <p>Goal Goal</p>

<p>15 Mins.</p>	<p>Station 3: 1v1 Checking 4 Goal Game</p> <ul style="list-style-type: none"> - Players split into two teams. - On the coaches command, players sprint into the center space. - The coach plays the ball to the player who arrives first. The player with the ball then has the option of scoring on any one of the 4 goals. <p>Progress to:</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>Goal X O Goal</p> <p style="text-align: center;">^ ^</p> <p style="text-align: center;">^ ^</p> <p>Goal Coach Goal</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 style="text-align: center;">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 	