



FC Bartlesville Academy

Practice Lesson Plan

Team: U9 Academy Boys

Practice time 1:30

Trainer: Marshall

Topic: Checking and Receiving 2

Time	Activity & Description	Coaching Points	Field Layout
15 Mins.	<p>Station 1 : Mastering First Touch – Turning With the Ball</p> <ul style="list-style-type: none"> - Set up a grid with one cone in the center. - Two players on each of the four corner cones of the grid. The players on opposite corners of the grid wearing the same color. - Players start by calling for ball from the opposite corner teammate and checking to. The player checking to should receive the ball in front of the center cone and using the inside of his foot turn back to the line he came from and pass the ball to the next player in line. - Two balls are used during this activity, each team alternated after each turn. - Progress to: Using outside of Foot to turn, Then adding a light pressuring defender (Coach). 	<ul style="list-style-type: none"> • First Touch is Wide • Keep the ball in playing distance. <p>Coaches:</p>	5 to 10 Yard Grid
15 Mins.	<p>Station 2: Diamond Drill, Double Movement</p> <ul style="list-style-type: none"> - Players Split into two groups, Yellow/Blue. - Playing space is set up as a Diamond with each team opposite each other with one ball. - One player from each team will be on the other two points of the diamond opposite each other. - Once coaches command the single player makes a “Double Movement/Checks Away, Checks Two” to his teammate who plays him the ball. - Once the ball is received, he then turns to the inside of the diamond and passes to the opposite line. - Two soccer balls are being played at the same time. <p>Progress to: Turning to the outside of the Diamond, Receiving a Through ball.</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>	<pre> ^ x ^ YYY XXX ^ ^ y </pre>

<p>15 Mins.</p>	<p>Station 3: Passing with Man or Turn</p> <ul style="list-style-type: none"> - Players divide into groups of 3 with one ball per group. - Players then line up and for 30 secs. - Each player takes a turn in the center position where he checks to the ball. - The passing player says either man or turn. <p>Progress to: Limit touches, Specific parts of foot,</p>	<ul style="list-style-type: none"> • Calling for ball • Protecting the ball as you turn • Timing your run/pass <p>Coaches:</p>	<pre> ^ ^ ^ X Y X ^ ^ ^ </pre>
<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 	