



FC BartlesvilleAcademy

Practice Lesson Plan

Team: U9 Academy Boys

Practice time 1:30

Trainer: Marshall

Topic: Fighted Balls/ Keeper

Distribution

Time	Activity & Description	Coaching Points	Field Layout
15 Mins.	<p>Warm Up – Ball Mastery</p> <ul style="list-style-type: none"> - All players spread out and perform ball mastery skills on coach's command. - Foundation, Toe Touches, Triangles, Toe Touch Tap Dance, Push Pulls, Vs, Foundation w/Roll, etc... <p>*** Players then Split into groups and move to stations.</p>	<ul style="list-style-type: none"> • Start Slow and focus on Technique • Coaches walk around helping players perform skills <p>Coaches: All</p>	
15 Mins.	<p>Station 1 : Playing a Flighted Ball</p> <ul style="list-style-type: none"> - Players partner up and with one soccer ball between them and pass to their partner. <p>Progress to: Specific parts of foot</p>	<ul style="list-style-type: none"> • Plant foot pointed towards target • Plant foot slightly behind and to the side of the ball • Posture: Leaning slightly back • Follow through with the pass and land on the passing foot straight in front. <p>Coaches:</p>	
15 Mins.	<p>Station 2: End Zone Game</p> <ul style="list-style-type: none"> - Players split into two teams - This is a directional game where each team is going in a specific direction - Teams score points as follows: 1 pt. for a pass to the target player in the end zone. 5 pts for a flighted pass to the target player in the end zone. - When the target player receives a pass he must then distribute to the opposite team by either throwing or rolling the ball. <p>Progress to: Non directional – Make it, take it.</p>	<ul style="list-style-type: none"> • Good passing technique • Target player uses good judgment and technique in distributing the passes. <p>Coaches:</p>	<p>_____</p> <p>Target Player</p> <p>_____</p> <p>X O</p> <p>O X</p> <p>_____</p> <p>Target Player</p> <p>_____</p>

<i>15 Mins.</i>	<p>Station 3 & 4: 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: Must pass with purpose, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none">• Players getting wide “heals to touch” when the keeper has the ball.• Keeper out to make the goal smaller.• Keeper finds the open teammate and plays the ball to feet, distributing with hands. <p>Coaches:</p>	Full Field
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