



# FC Bartlesville Academy

## 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><b>Warm Up – Ball Mastery</b></p> <ul style="list-style-type: none"> <li>- All players spread out and perform ball mastery skills on coach's command.</li> <li>- Foundation, Toe Touches, Triangles, Toe Touch Tap Dance, Push Pulls, Vs, Foundation w/Roll, etc...</li> </ul> <p><b>*** Players then Split into groups and move to stations.</b></p>	<ul style="list-style-type: none"> <li>• <b>Start Slow</b> and focus on <b>Technique</b></li> <li>• Coaches walk around helping players perform skills</li> </ul> <p><b>Coaches:</b> All</p>	
15 Mins.	<p><b>Station 1 : Playing a Flighted Ball</b></p> <ul style="list-style-type: none"> <li>- Players partner up and with one soccer ball between them and pass to their partner.</li> </ul> <p><b>Progress to:</b> Specific parts of foot</p>	<ul style="list-style-type: none"> <li>• Plant foot pointed towards target</li> <li>• Plant foot slightly behind and to the side of the ball</li> <li>• Posture: Leaning slightly back</li> <li>• Follow through with the pass and land on the passing foot straight in front.</li> </ul> <p><b>Coaches:</b></p>	
15 Mins.	<p><b>Station 2: End Zone Game</b></p> <ul style="list-style-type: none"> <li>- Players split into two teams</li> <li>- This is a directional game where each team is going in a specific direction</li> <li>- 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.</li> <li>- When the target player receives a pass he must then distribute to the opposite team by either throwing or rolling the ball.</li> </ul> <p><b>Progress to:</b> Non directional – Make it, take it.</p>	<ul style="list-style-type: none"> <li>• Good passing technique</li> <li>• Target player uses good judgment and technique in distributing the passes.</li> </ul> <p><b>Coaches:</b></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><b>Station 3 &amp; 4: End Game 6v6</b></p> <ul style="list-style-type: none"><li>- All rules apply.</li><li>- Free kicks (indirect and direct), given when rules are broken.</li></ul> <p><b>*** Focus On: Throw-ins to Checking Players Feet</b></p> <p><b>Progress to: Must pass with purpose</b>, extra points scored off cross, direct kicks, etc...</p>	<ul style="list-style-type: none"><li>• Players getting wide “heals to touch” when the keeper has the ball.</li><li>• Keeper out to make the goal smaller.</li><li>• Keeper finds the open teammate and plays the ball to feet, distributing with hands.</li></ul> <p><b>Coaches:</b></p>	Full Field
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