



FC Bartlesville Academy

Practice Lesson Plan

Team: U9 Academy Boys

Practice time 1:30

Trainer: Marshall

Topic: Passing

Time	Activity & Description	Coaching Points	Field Layout
15 Mins.	<p>Station 1 : 5-5s & 10s</p> <ul style="list-style-type: none"> Players partner up with one ball between them and pass back and forth at a distance of 5 yards for 10 passes than 10 yards. This is done a total of 5 times. First focus on technique, then make it a race. <p>Progress to: Outside of foot, laces, limited touches. Make a contest of how many perfect passes in a row can you and your partner get? Poor pass or first touch may result in a consequence.</p>	<ul style="list-style-type: none"> Lock ankle Plant foot points towards target Follow through with passing foot and land on that foot. Strike ball in the “nose” Ball should be even with plant foot <p>Coaches:</p>	5 yard spacing and 10 yard spacing
15 Mins.	<p>Station 2: 3 Passing Circle</p> <ul style="list-style-type: none"> Players split into two groups of even numbers. One group of players will be around the perimeter of the circle, each with a ball, while the other group is inside the circle. The players on the inside check to players with a ball on the outside calling their name and asking for ball. Players inside work for about 1 min then switch with outside players. <p>Progress to: If a pass is not on target or first touch is bad, the player in fault does 10 reps of a ball mastery skill.</p>	<ul style="list-style-type: none"> Good Shooting Technique Accurate Shots <p>Coaches:</p>	10 to 15 yard diameter
15 Mins.	<p>Station 3: Pass and Follow: Wall Pass</p> <ul style="list-style-type: none"> Players start out with pass and follow. Once players have that down we progress to a wall pass. <p>Progress to: Limited touches, how many perfect passes can your group get in 1 minute?</p>	<ul style="list-style-type: none"> Good Shooting Technique Toe Balls do not count <p>Coaches:</p>	10 to 15 yard spacing

<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 Player 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 shooter's 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 	