



# 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><b>Station 1 : 5-5s &amp; 10s</b></p> <ul style="list-style-type: none"><li>- 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.</li><li>- First focus on technique, then make it a race.</li></ul> <p><b>Progress to:</b> 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"><li>• Lock ankle</li><li>• Plant foot points towards target</li><li>• Follow through with passing foot and land on that foot.</li><li>• Strike ball in the “nose”</li><li>• Ball should be even with plant foot</li></ul> <p><b>Coaches:</b></p>	5 yard spacing and 10 yard spacing
15 Mins.	<p><b>Station 2: 3 Passing Circle</b></p> <ul style="list-style-type: none"><li>- Players split into two groups of even numbers.</li><li>- One group of players will be around the perimeter of the circle, each with a ball, while the other group is inside the circle.</li><li>- The players on the inside check to players with a ball on the outside calling their name and asking for ball.</li><li>- Players inside work for about 1 min then switch with outside players.</li></ul> <p><b>Progress to:</b> 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"><li>• Good Shooting Technique</li><li>• Accurate Shots</li></ul> <p><b>Coaches:</b></p>	10 to 15 yard diameter
15 Mins.	<p><b>Station 3: Pass and Follow: Wall Pass</b></p> <ul style="list-style-type: none"><li>- Players start out with pass and follow.</li><li>- Once players have that down we progress to a wall pass.</li></ul> <p><b>Progress to:</b> Limited touches, how many perfect passes can your group get in 1 minute?</p>	<ul style="list-style-type: none"><li>• Good Shooting Technique</li><li>• Toe Balls do not count</li></ul> <p><b>Coaches:</b></p>	10 to 15 yard spacing

15 Mins.	<p><b>Station 4 &amp; 5: 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:</b> Limited touches, <b>Must pass with purpose</b>, extra points scored off cross, direct kicks, etc...</p>	<p><b>Coaches:</b></p>	Full Field
	<p><b>End of Practice Game: Lightning 2 Frames</b></p> <ul style="list-style-type: none"> <li>- Players line up single file 5 yards outside the box. 1 Player starts in frame.</li> <li>- All soccer balls are placed at the coach's feet to the right of the goal post.</li> <li>- Coach passes ball near the top of the box for the player to run on to and shoot first time.</li> <li>- If the shooter scores, he goes to the back of the line to shoot again.</li> <li>- If the shooter misses, he becomes Keeper.</li> <li>- If a keeper gets scored on he is out and must stand Behind the Goal.</li> <li>- If a player catches a shooters ball before it hits the ground, he then returns to the game and the shooter is out.</li> <li>- All players return to game if someone hits the Cross Bar.</li> </ul>	<ul style="list-style-type: none"> <li>• Good Shooting Technique</li> <li>• No Toe Balls</li> </ul>	