



# FC Bartlesville Academy

## Practice Lesson Plan

**Team: U9 Academy Boys**

*Practice time 1:30*

**Trainer: Marshall**

**Topic: Possession (1<sup>st</sup> Touch)**

| Time     | Activity & Description  | Coaching Points   | Field Layout          |
|----------|---|---|-----------------------|
| 15 Mins. | <p><b>Station 1 Numbers Passing</b></p> <ul style="list-style-type: none"> <li>Players divide into two or three teams. Teams number off and pass in numbered order from 1 to 3 or 4.</li> <li>After a pass is made players must go to new location.</li> </ul> <p><b>Progress to:</b> all teams in one large grid. Then every 3<sup>rd</sup> pass is long . Finally which team can be the last team with a ball.</p>  | <ul style="list-style-type: none"> <li>First touch towards target.</li> <li>Communication</li> </ul> <p><b>Coaches:</b></p>   |                       |
| 15 Mins. | <p><b>Station 2: FC Koln Possession</b></p> <ul style="list-style-type: none"> <li>Players split into two teams of 5 each with a keeper. The offensive team starts with all 5 players on the field and the defensive team starts with just the GK and one defender. One by one the coach sends the rest of the defenders on the field and once both sides have even number of players can the offensive team score.</li> <li>Games last 2mins. If defender wins the ball at any point his whole team gets to join in. Defense goals are worth double.</li> </ul> <p><b>Progress to:</b> Limited touches for the offensive team until all defensive team join. Every player must touch the ball before a shot.</p> | <ul style="list-style-type: none"> <li>First touch away from pressure.</li> <li>Creating space by spreading out.</li> </ul> <p><b>Coaches:</b></p>  |                       |
| 15 Mins. | <p><b>Station 3: 4v4 w/ Targets – 6 Goal Game</b></p> <ul style="list-style-type: none"> <li>Players divide into two teams and play 4v4 on a wide field with six goals. One or two players from each team stand behind the goals their team is attacking. Players behind goals can move to any of the three goals.</li> <li>Points are scored by passing through the goals (1pt), and if that pass goes to a teammate then its w worth 5 pts.</li> </ul> <p><b>Progress to:</b> Limited touches</p>   | <ul style="list-style-type: none"> <li>First touch away from pressure and towards goal</li> <li>Not forcing the shot. If it's not on go switch to the other side.</li> </ul> <p><b>Coaches:</b></p> | 10 to 15 yard spacing |

|                 |   |   |                   |
|-----------------|---|---|-------------------|
| <p>15 Mins.</p> | <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>  | <p>Full Field</p> |
|                 | <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 shooter's 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> |                   |