



FC Bartlesville Academy

Practice Lesson Plan

Team: U9 Academy Boys

Practice time 1:30

Trainer: Marshall

Topic: Short Passes

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 : Passing Grid – Always 2 options</p> <ul style="list-style-type: none"> - Players split into groups of 3 with one ball between them . - Within the grid, using the corner cones as starting and stopping points, players pass the ball square to one of their teammates. - Player on the ball must always have 2 options. <p>Progress to: Square pass diagonal run.</p>	<ul style="list-style-type: none"> • Ankle locked • Plant foot pointed at target • Receiving the pass with outside foot. • Good pace on the pass. <p>Coaches:</p>	10x10 yard grid
15 Mins.	<p>Station 2: 3v3 Checking Game</p> <ul style="list-style-type: none"> - Players split into two teams - Each team has players at 3 locations, one to either side of the goal, the other in the center of the touch line. - On coaches command the two players sprint to the center of the field where the coach plays one of them the ball. - Once the ball is played, the players at the sides of the goal are then allowed to come on and they play 3v3. - If the ball goes out, the coach plays it back in. - Games last 1 to 2 minutes. <p>Progress to:</p>	<ul style="list-style-type: none"> • Good passing technique • Target player uses good judgment and technique in distributing the passes. <p>Coaches:</p>	<pre> X Goal X ^ ^ Coach X O ^ ^ O Goal O </pre>

<p>15 Mins.</p>	<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, Keeper must distribute with hands.</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>	<p>Full Field</p>
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