



FC Bartlesville Academy

Practice Lesson Plan

Team: U9 Academy Boys

Practice time 1:30

Trainer: Marshall

Topic: Short Passes 2

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 Triangles – 3v1</p> <ul style="list-style-type: none"> - Players split into groups of 4 with one ball between them . - 3 players will be on the perimeter of the triangle, while the 4th player will be inside the triangle. - The players on the outside play keep away from the inside player. - Points are scored every time the ball is passed though the triangle from teammate to teammate. - Players may pass to teammates w/o going through the triangle, but no points will be awarded. 	<ul style="list-style-type: none"> • Ankle locked • Plant foot pointed at target • Receiving the pass with outside foot. • Good pace on the pass. • Moving to an open space where your teammate can see you. <p>Coaches:</p>	10x10 yard grid

<p>15 Mins.</p>	<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>	<p style="text-align: center;">X Goal X ^ ^</p> <p>Coach X O</p> <p style="text-align: center;">^ ^ O Goal O</p>
<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 style="text-align: center;">Full Field</p>