

# ATTACKING



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Transition to Attack		Coach= Adrian Parrish
FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Three teams of 3 or 4 players</li> <li>* Two teams work together to keep the ball away from the other team</li> <li>* If the one team wins possession or forces a mistake they join the attacking team.</li> <li>* The team that lost it then becomes the defensive team</li> <li>* The defensive team does not switch roles until they have secured possession amongst themselves or with the other team.</li> </ul>	<ul style="list-style-type: none"> <li>* Defensively stay compact, don't chase</li> <li>* Secure the ball when possession is gained</li> <li>* Move into space quickly</li> </ul> <p><u>Guided Discovery</u> What signals can you recognize that allows you or your team mates to go and win the ball?</p>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Keep the group in teams of 3 or 4</li> <li>* Field is set up with one big goal and two counter goals</li> <li>* The attacking team dribbles towards the big goal.</li> <li>* The defending team stays behind the confrontation line</li> <li>* If they win the ball they break quickly to score on either counter team, the attacking team can back track to defend</li> <li>* If they get scored against they remain as the defenders and the other team attacks, if they do win it and score again the switch roles with the team waiting to attack.</li> </ul>	<ul style="list-style-type: none"> <li>* Stay connected defensively</li> <li>* Be patient</li> <li>* Break quickly, explode into the space</li> <li>* Decision making, dribble or pass</li> <li>* Movement and support of the 2<sup>nd</sup> and 3<sup>rd</sup> runner</li> </ul> <p><u>Guided Discovery Question</u> If you see space in front of you what should you do?</p>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* 6 v 6 game, only coach one team</li> <li>* Teams start in their own halves</li> <li>* When the team is not in possession they should have every player back in their own half.</li> <li>* If they do not have all players back and they get scored upon it counts as double.</li> </ul>	<ul style="list-style-type: none"> <li>* Defensive team shape</li> <li>* Outlets upon gaining possession</li> <li>* Decision making upon gaining possession, is it on for a quick counter attack or should possession be maintained</li> <li>* Don't over commit</li> </ul> <p><u>Guided Discovery Question</u> What could happen if you over commit upon winning possession?</p>
<b>MATCH</b>	<ul style="list-style-type: none"> <li>* 6V 6 including GK's or whatever numbers work out for group</li> <li>* Normal Soccer Rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div>  = Players            = Ball         </div> <div>  = Pass         </div> <div>  = Dribble         </div> <div>  = Movement without the ball         </div> <div>  = Goal         </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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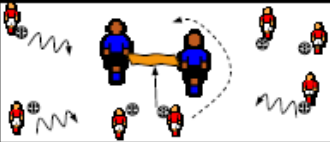












**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



Topic = Shooting Activities for Young Players

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Every player has a ball</li> <li>* Coaches walk around the area with two vests tied together and holding an end each to create a goal</li> <li>* Players try to pass the ball in between the two coaches and below the vest.</li> <li>* When the ball is passed through the player moves around the coaches and collects the ball on the other side</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage players place the ball between the two coaches</li> <li>* Encourage players not to stand in front of the goal but keep the ball moving</li> <li>* Players keep their heads up looking for the goal</li> </ul>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> <li>* Place two pug goals in the middle of a 5 x 5 yard grid inside your area.</li> <li>* Designate 1 or 2 defenders to go in the grid</li> <li>* Other players dribble around and try to score in one of the pug goals</li> <li>* The players dribbling are not permitted to shoot in the 5 x 5 area.</li> <li>* The defenders need to kick the ball out when the players are attempting to shoot.</li> </ul>	<ul style="list-style-type: none"> <li>* Move the ball to the side to make the defender move out of the goal</li> <li>* Place the ball into the goal</li> <li>* Heads up as dribbling around</li> </ul>
	<ul style="list-style-type: none"> <li>* 4 v 4 with four goals</li> <li>* Teams attack and defend two goals</li> <li>* The coaches stand behind two of the goals</li> <li>* If the coach is standing in one of the goals the team can not score in that goal and must go to the other side</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape</li> <li>* Heads up to see which goal is open</li> </ul>
MATCH	<ul style="list-style-type: none"> <li>* 4 v 4 no GK's</li> <li>* Normal soccer rules</li> <li>* Little to NO coaching</li> </ul>	<div>  = Players            = Ball         </div> <div>  = Coaches            = Cone         </div> <div>  = Pass/Shot            = Disc         </div> <div>  = Goal            = Pug Goal         </div> <div>  = Dribble         </div>
COOL DOWN	Players pass and move in pairs. Stretch	

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# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Patterns of play to incorporate flank players

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* At each cone there will be 2-3 players with balls at lines of X1 and X2.</li> <li>* X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1.</li> <li>* X2 lays ball off with 1 touch to X3 who finishes on goal. X1 lays the ball off to X4 who finishes on the opposite goal.</li> <li>* Pattern repeats with the next players in each line.</li> </ul>	<ul style="list-style-type: none"> <li>* Weight of pass</li> <li>* Timing of the runs</li> <li>* Open up the hips to allow ball to come across the shooters body</li> <li>* Read the keepers position and finish the opportunity</li> </ul> <p><u>Guided discovery</u> What can the shooter do to change the keepers position</p>
<p>FUNDAMENTAL - WARM UP (Continued)</p>	<ul style="list-style-type: none"> <li>* Same number of players as previous activity</li> <li>* X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1.</li> <li>* X1 receives and lays a ball off to X4 who is overlapping to deliver a cross to X2. X2 receives and lays a ball off to X3 who is overlapping to deliver a cross to X1.</li> <li>* X1 &amp; X2 must delay their runs onto the ball provided by X3 &amp; X4 to finish on goal</li> <li>* Pattern repeats with the next players in each line.</li> </ul>	<ul style="list-style-type: none"> <li>* Weight of pass</li> <li>* Timing of the runs</li> <li>* Crossing player needs to touch the ball in before sending the ball across</li> <li>* Attacking player needs to hit the cross with speed</li> </ul> <p><u>Guided discovery Question</u> What signals can the striker picking up from the flank player to change their run?</p>
<p>SMALL SIDE ACTIVITY</p>	<ul style="list-style-type: none"> <li>* Functional Training using approximately quarter of the field.</li> <li>* Attacking team has 2 Def, 3 Mids and 2 Strikers</li> <li>* Defensive team has 1 GK, 3 Defs, 3 Mids and 1 Striker</li> <li>* Attacking team try to score in the big goal</li> <li>* Defensive team pass the ball through the counter goals to target player</li> <li>* Target players switch the attack and play back to the attacking team</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage the wide players to keep their width</li> <li>* Strikers to stay as centrally as possible</li> <li>* Look for some of the patterns below to come out</li> <li>&gt; Wide Player Takes the Def on 1 v 1</li> <li>&gt; Wide Player dribbles in and looks to combine with strikers</li> <li>&gt; Full Backs Overlap</li> <li>&gt; If Back line is pushed up can ball be played over the top into the corner</li> </ul>
<p>EXPANDED SMALL SIDE ACTIVITY</p>	<ul style="list-style-type: none"> <li>* Phase of Play using just over half the field</li> <li>* Attacking team go to the big goal</li> <li>* Defensive team play to the counter goals, but it must be touched by their target player past the line of confrontation before they can score</li> <li>* Have numerous balls placed around the area for the last two activities to keep it flowing</li> </ul>	<div> <div>  = Players         </div> <div>  = Goalkeeper/Target Player         </div> </div> <div> <div>  = Cone         </div> <div>  = Ball         </div> </div> <div> <div>  = Pass         </div> <div>  = Run off the Ball         </div> </div> <div> <div>  = Dribble         </div> <div>  = Goal         </div> </div>
<p>MATCH</p>	<p>9 v 9 Game with little to no Coaching</p>	

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**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Finishing/Shooting

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players work in pairs, one serving the other shooting</li> <li>* Two Keepers are placed in a central goal</li> <li>* Both sides work at the same time</li> <li>* Server plays the ball in for the attacker to take the shot</li> <li>* Encourage the striker to take a touch and then shot</li> <li>* Then progress to shooting first time</li> <li>* Vary the services</li> </ul>	<ul style="list-style-type: none"> <li>* Angle of approach</li> <li>* Place the ball into the corner of the goal</li> <li>* Strike through the ball using the instep</li> <li>* Lock the ankle of the kicking foot</li> <li>* Head and Shoulders over the ball</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Place players in groups of three, 2 attackers &amp; 1 Defender</li> <li>* One player pass the ball to their team mate to take a shot</li> <li>* The Defender from the opposing team runs out to apply pressure</li> <li>* If the defender wins it they score by dribbling over the end line</li> <li>* If the keeper saves it they play it to the defender</li> <li>* If a goal is scored or goes out of bounds, the team on the other side then have a turn</li> </ul>	<ul style="list-style-type: none"> <li>* First touch or pass needs to be out in front of the player taking the shot.</li> <li>* Decision to strike the ball or place it</li> <li>* Strike through it with laces, keeping head and shoulders over the ball</li> <li>* Follow the shot through</li> <li>* Focus on the ball and not the defender</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 4 v 4 with a neutral player</li> <li>* Neutral plays for the team in possession and can score</li> <li>* Normal soccer rules</li> <li>* Field size should be 18 yards wide by 30 yards in length</li> <li>* Teams can score three points by scoring in their own half</li> <li>* Two if they score by following up off a rebound</li> <li>* One for a goal scored in the attacking half</li> <li>* Players are not limited to stay in any area</li> </ul>	<ul style="list-style-type: none"> <li>* Team movement to create shooting opportunity</li> <li>* All of the above</li> </ul>
<b>MATCH</b> 	<ul style="list-style-type: none"> <li>* 6 V 6</li> <li>* Normal Soccer Rules</li> <li>* Little to <u>NO</u> coaching, play the game with no restrictions but encourage the teams to shoot</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div>  = Goalkeepers   = Pass   = Run/Player Movement   = Goal   = Shot </div> <div>  = Players   = Ball </div> </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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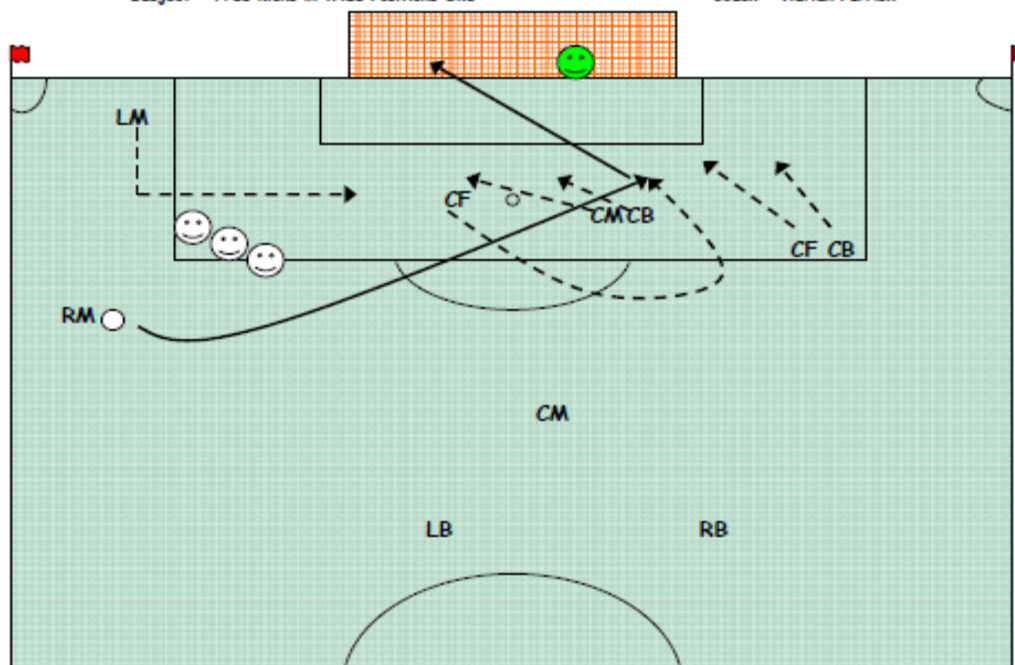


**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



Subject = Free Kicks in Wide Positions One

Coach = Adrian Parrish



**Description**

- \* RM looks to whip the ball in with pace across the front of the goal. If on the right hand-side a left footed player would take the kick.
- \* LM stands down the line, starting in an offside position and checks back as the kicking player takes the kick.
- \* One CF stands just in front of the penalty spot and spins out to go in between the two groups of players.
- \* One group of players hits the front post and the middle of the goal
- \* The other group hits the back end of the goal and the far post.
- \* The ball must be delivered with pace and flat so players can hit the header with power or get a flick on towards the goal

**Alternatives**

- \* RM plays around the wall into the LM who must have tracked back into an onside position before the ball has been played.

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# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Developing a goal scoring predator

Coach = Adrian Parrish

FINISHING WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Inside the 18 yard box, add another goal on one side</li> <li>* Two keepers, one player in the middle and 3 servers with 3 balls in different corners.</li> <li>* Servers play the ball in to the striker, to shoot in either goal. Shooter has two touch maximum</li> <li>* The first three have to be shot using the right foot, second set have to shot with the left and third set served in the air, rotate players after 9 attempts. Keep Score</li> </ul>	<ul style="list-style-type: none"> <li>* Passer needs to lead striker into the shot</li> <li>* Approach the ball (Don't wait for it)</li> <li>* If possible take the shot first time</li> <li>* Hips to face target</li> <li>* Follow through the shot</li> </ul> <p><u>Guided Discovery Question</u> How can you change the goalkeeper's position?</p>
	<ul style="list-style-type: none"> <li>* 2 v 2 (plus keepers) with a player for each team on the side of the grid</li> <li>* Area is 20 yards wide by 18 yards long</li> <li>* Players on the outside have a 1 touch restriction</li> <li>* Players in the middle have a 3 touch restriction</li> <li>* Keepers and Players on the outside can not shoot</li> <li>* Play games for 3 minutes, rotate players in</li> </ul>	<ul style="list-style-type: none"> <li>* Keep space alive</li> <li>* Timing of the runs</li> <li>* Follow through the shot</li> </ul> <p><u>Guided Discovery Question</u> How do you keep space alive?</p>
	<ul style="list-style-type: none"> <li>* Field 36 yards long by 20 yards wide</li> <li>* Each team has 1 striker, 3 defenders and a GK</li> <li>* Players must stay in their own half</li> <li>* One neutral player with a two touch restriction, but can go in either half</li> <li>* The neutral player can not score, but every other player can</li> </ul>	<ul style="list-style-type: none"> <li>* Striker to follow through on every shot</li> <li>* Create time and space to turn</li> <li>* Play in between the defenders if possible.</li> <li>* Keep the ball moving quickly.</li> </ul> <p><u>Guided Discovery Question</u> What are some ways to keep the ball moving quickly?</p>
	<ul style="list-style-type: none"> <li>* Field needs to 36 yards long by 44 yards wide</li> <li>* 5 v 5 plus keeper</li> <li>* No restrictions</li> <li>* Little to no coaching</li> </ul>	<ul style="list-style-type: none"> <li>* = Players</li> <li>* = Goalkeeper</li> <li>* = Pass</li> <li>* = Movement/Run</li> <li>* = Ball</li> <li>* = Shot</li> <li>* = Goal</li> </ul>
COOL DOWN	Light jogging and static stretching	

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Kentucky Youth Soccer Association  
Coach Education Lesson Plan



Topic = Direct Counter Attacking

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"><li>* Groups of 5 players, 3 attackers and 2 passive defenders</li><li>* 2 attacking players stand approximately 20 yards away from their team mate.</li><li>* The two players pass it back and forth and then hit a long pass to their teammate, whom is being passively marked by a defender.</li><li>* The one player who does not hit the long pass then follows the ball for it to be laid back. The process continues.</li></ul>	<ul style="list-style-type: none"><li>* Head up to look for target player</li><li>* As you strike through the ball, put your head and shoulders over it and strike underneath the ball</li><li>* Receiving player needs to get in line with the pass</li><li>* Cushion the ball as they receive it</li></ul> <p><b>Guided Discovery</b> What keys should the target player recognize that the ball is going to be played long?</p>
	<ul style="list-style-type: none"><li>* Two teams of 5 players. Field is split into two halves with a neutral zone in the middle and scoring zones at the end of each half.</li><li>* Players can not play in the neutral zone.</li><li>* In one half start with 4v3, the other half has 2v1</li><li>* The four attackers must move the ball around to try and pass a long ball over the neutral zone to their target player.</li><li>* They can then move into support the target player and try and score by dribbling into the end zone</li><li>* Defenders can track back but must leave one up front</li></ul>	<ul style="list-style-type: none"><li>* Recognition of when to play forward</li><li>* Target players understanding of time and space</li><li>* Timing of supporting runs</li></ul> <p>As the session develops you can give teams a restriction on the amount of passes they have to make before passing it over</p> <p><b>Guided Discovery Question</b> What can you do as a target player to go directly yourself into the scoring zone on receiving the pass?</p>
	<ul style="list-style-type: none"><li>* Play approx 2/3 of the field</li><li>* One team try's to score on the big goal</li><li>* The other team try's to score by passing to a target player through the counter goals.</li><li>* The team attacking the counter goals have to play through their forward before going to a counter goal. The forward must stay past the half way line</li><li>* You can work with either team</li></ul>	<ul style="list-style-type: none"><li>* Recognition to play forward quickly</li><li>* Strikers playing off the defenders shoulders to create space.</li><li>* Keep possession to encourage the opposition to chase so you can create space in behind</li></ul> <p><b>Guided Discovery Question</b> What must the center forwards do when the team is in possession of the ball?</p>
	<ul style="list-style-type: none"><li>* 8V 8 including GK's or whatever numbers work out for group</li><li>* Teams can score two points if a goal is scored from a direct counter attack</li><li>* Make the field long and narrow</li><li>* Normal Soccer Rules</li><li>* Little to NO coaching</li></ul>	
COOL DOWN	Players pass and move in pairs. Stretch	

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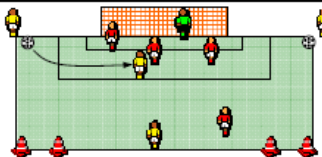
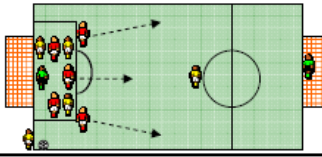










# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Counter Attacking from Defensive Set Plays

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Use the third of a field</li> <li>* Defending team has 1 GK, 3 Defenders and 1 Target Player</li> <li>* Attacking team has 2 Corner Kickers, 1 Str and 1 Defender</li> <li>* Corner takes rotate in serving balls in</li> <li>* Def/GK try to win it and distribute to target player who scores by dribbling through the counter goals</li> <li>* One Striker tries to score in the big goal</li> <li>* Defenders push out to support the target player</li> </ul>	<ul style="list-style-type: none"> <li>* Body Position of defenders</li> <li>* Be first to the ball</li> <li>* Target players position as the ball is won</li> <li>* Decision making by defenders and GK as ball is won</li> <li>* Runs made by the target player as the ball is won</li> </ul> <p><u>Guided Discovery</u> What should happen to the defensive team shape as the ball is won and distributed?</p>
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> <li>* Use two thirds of a field</li> <li>* As a different scenario start the activity off with a corner kick but all players are back to defend</li> <li>* If they win the ball they look to counter attack the other goal and score as quickly as possible</li> <li>* If the team that has to track back wins the ball they have 5 passes to get the ball forward.</li> <li>* Every time the ball goes out of play it starts with a corner so you can create the scenario</li> </ul>	<ul style="list-style-type: none"> <li>* Be first to the ball</li> <li>* Break into the space provided with speed</li> <li>* Quick flowing passes</li> </ul> <p><u>Guided Discovery Question</u> Technically, what do you need to do with the ball to make sure the passes go quick?</p>
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> <li>* 7 v 7 game</li> <li>* Work with one team</li> <li>* Ever three to four minutes give the opposing team a corner kick or indirect free kick in the attacking third</li> <li>* If the team wins it can they counter attack quickly or should they possess</li> <li>* Regular soccer rules</li> </ul>	<ul style="list-style-type: none"> <li>* Get in behind the ball quickly</li> <li>* Stay compact and work out your defensive roles</li> <li>* Be first to the ball</li> <li>* Be aware of your outlets</li> </ul> <p><u>Guided Discovery Question</u> If it is not on to go forward what should you do as a team?</p>
<p>MATCH</p> 	<ul style="list-style-type: none"> <li>* 8V 8 including GK's or whatever numbers work out for group</li> <li>* Normal Soccer Rules</li> <li>* Little to NO coaching</li> </ul>	<div>  = Players          = Ball       </div> <div>  = Pass       </div> <div>  = Cones/ Counter Goals       </div> <div>  = Movement without the ball       </div> <div>  = Goal       </div>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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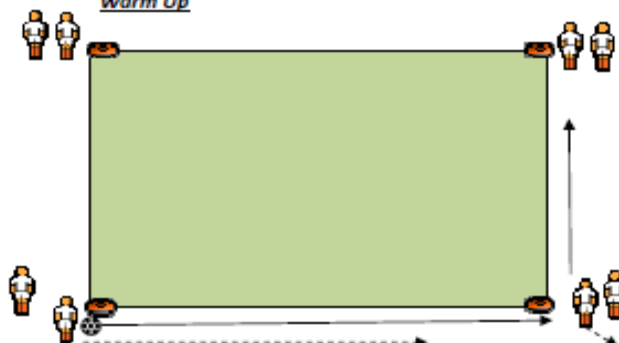


## Kentucky Youth Soccer Association Olympic Development Program Lesson Plan



### Changing the Point of Attack

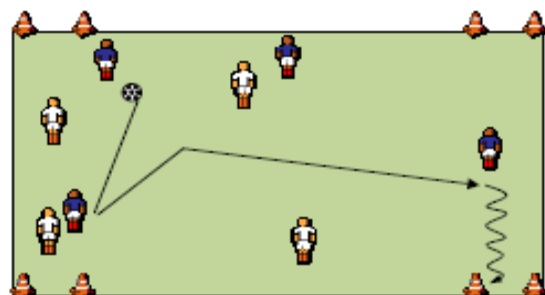
#### Warm Up



- \* 6 to 8 players per box
- \* Players stand on the outside of a 15 x 20 yard grid
- \* Ball starts in one corner and is passed in a counter clockwise direction
- \* The receiving player drops off the cone to receive the ball across the body, and passes to the next player
- \* Players follow their pass

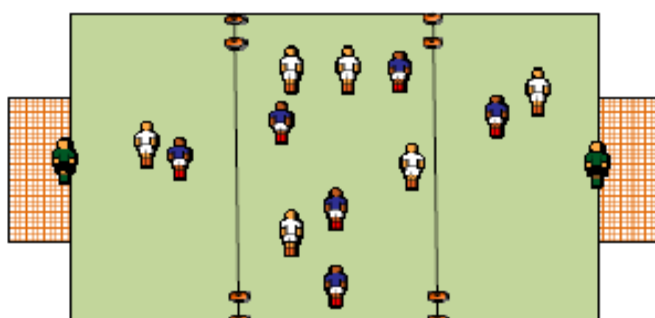
1. On the call of "switch" the ball changes direction
2. On the call of "split" the ball has to be played diagonally across the box.
3. Add two soccer balls (depending on the number of players per grid)

#### Small Sided Activity



- \* 4 v 4 or 5 v 5 depending on the numbers
- \* Play to 4 goals in a 35 x 25 area
- \* Teams score by keeping possession and dribbling through one of the goals that they are attacking.
- \* Team shape
- \* Don't force the play
- \* 1<sup>st</sup> attacker decision making, pass/dribble
- \* Supporting angles and movement

#### Expanded Small Sided Activity



- \* 7 v 7 including keepers
- \* Divide the field into thirds; start playing 4 v 4 in the middle, with a striker and defender from each team in the other thirds.
- \* Teams are restricted to break out of the middle third by dribbling out of one of the gates and can then all join in the attack. Defenders can track back. Teams in possession can also use their defender to maintain possession.
- \* Progress to allowing the attacking team to break out of the middle third anyway possible, but if they break out through a gate and score it counts for double.
- \* Progress to free play and players are not restricted to their areas, but still score double by going through the gates.





# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Bunkering in to create the Counter Attack

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two teams of four players</li> <li>* The defensive team starts with every player in their own half</li> <li>* The attacking team have to pass the ball into their attacking half and then dribble into their end zone. They can pass back.</li> <li>* If the defensive team wins it they counter attack by dribbling into their opponent's end zone. Switch Roles</li> </ul>	<ul style="list-style-type: none"> <li>* Patience</li> <li>* Compactness as the ball maneuvers</li> <li>* Anticipating the pass.</li> <li>* Decision making as the ball is won</li> </ul> <p><u>Guided Discovery</u> What can you do to invite the pass to be played in to the target player?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> <li>* Two teams of 6 including keepers</li> <li>* Each team attacks and defends three goals</li> <li>* Set up a line of confrontation, approximately half way across the grid.</li> <li>* Start with the attacking team only being allowed to pass the ball into the attacking half</li> <li>* If defensive team wins it they can attack one of the three goals but can not score in the goal if the keeper is in there.</li> <li>* If attacking team keeps possession the same principle applies. Progress to allow the team to dribble the ball over.</li> </ul>	<ul style="list-style-type: none"> <li>* Pressure, Cover, Balance</li> <li>* Compactness</li> <li>* Secure the ball upon winning it.</li> <li>* Supporting runs and angles off the ball</li> </ul> <p><u>Guided Discovery Question</u> What can the target player do to help his/her team mates upon the team winning possession?</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> <li>* Play approx 2/3 of the field, with a line of confrontation just around the halfway line</li> <li>* One team defends 3 counter goals and attacks the large goal</li> <li>* Ball starts with the Goalkeeper whose team is attacking the counter goals.</li> <li>* If they attacking team can win it back straight away they do so, if not the get in behind the line of confrontation and bunker in.</li> </ul>	<ul style="list-style-type: none"> <li>* If defender has a poor first touch, you can go and win it. If it is a bad pass, go and win it. If they are facing their own goal go and try to win it.</li> <li>* If keys are cues are not on, pack behind the ball and force the mistake.</li> </ul> <p><u>Guided Discovery Question</u> What should the far side player be doing if the team loses possession and can not win it back immediately?</p>
<p>MATCH</p>	<ul style="list-style-type: none"> <li>* 8V 8 including GK's or whatever numbers work out for group</li> <li>* Normal Soccer Rules</li> <li>* Little to NO coaching</li> </ul>	<div>  = Players          = Ball       </div> <div>  = Pass          = Goalkeeper       </div> <div>  = Cones          = Dribble       </div> <div>  = Movement without the ball       </div> <div>  = Goal          = End Zones       </div>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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Tennessee, Drakes Creek Park August 2011



Topic = Attacking Wide Play

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players work in groups of 4.</li> <li>* Start with just passing and moving, passing over a short distance. Stretch</li> <li>* Open up the passing range to now requesting no pass shorter than 20 yards. Stretch</li> <li>* One player goes long and after two or three passes a long pass is played. The other two join and a point is scored if the receiving player can head it down to one of the runners.</li> </ul>	<ul style="list-style-type: none"> <li>* Driven passes</li> <li>- Look the ankle, drive with loaces, head &amp; shoulders over the ball, lock the shoulders and body as you follow thru</li> <li>* Lead player into the next pass</li> <li>* First touch leads you into the direction you want to go</li> <li>* Heading</li> <li>-</li> </ul>
<b>SMALL SIDED GAME</b> 	<ul style="list-style-type: none"> <li>* 5 v 5 plus 1 to three goals</li> <li>* Teams score by dribbling through one of the goals</li> <li>* 3 points for dribbling through one of the goals on the outside</li> <li>* 1 point for dribbling through the center goal.</li> <li>* Neutral player starts with maximum touches, progress to playing two touch</li> <li>* Wide goals are not placed right at the end of the grid</li> <li>* Area is 46 yards wide by 40 yards in length</li> </ul>	<ul style="list-style-type: none"> <li>* Passing &amp; Receiving Technique</li> <li>* Provide Depth as well as width (Team Shape)</li> <li>* Switching the play</li> <li>* Look at space in behind the defensive team</li> <li>* Don't force the play</li> <li>* Trying to create 1 v 1 or numbers up situations</li> <li>* Technique of dribbling</li> </ul>
<b>EXPANDED SMALL SIDED GAME</b> 	<ul style="list-style-type: none"> <li>* 6 v 6 plus . Teams play in a 3-2 and/or a 1-3-1</li> <li>* Add some arced channels to the field which is 60 long and 48 wide</li> <li>* Normal soccer rules, expect if a goal is scored directly from a service out of the arched channel it counts for three</li> <li>* The channels have no restrictions and players can defend against the opponents in this area.</li> </ul>	<ul style="list-style-type: none"> <li>* Creating the width</li> <li>* Services into the area:</li> <li>- Deep Cross, Low Driven Cross, Early Ball, Pulled Back</li> <li>* Types of runs into the box</li> <li>* Timing of the runs</li> <li>* Building up out of the back</li> </ul>
<b>MATCH</b> 	<ul style="list-style-type: none"> <li>* 7 V 7</li> <li>* One team plays in a 1-3-2-1 formation</li> <li>* One team plays in a 1-2-3-1 formation</li> <li>* Normal soccer rules</li> <li>* Offside line is at the half-way</li> </ul> <p>Look at creating width and exploiting through all thirds of the field Exploiting the width</p>	<div>  = Players          = Ball       </div> <div>  = Disc          = Goals       </div> <div>  = Pass          = Dribble       </div> <div>  = Header          = Movement without the ball       </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	



# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Activities for introducing basic Attacking & Defending Principles

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two groups of 4 or 5 players</li> <li>* Grid is approx 12 yard x 15 yard</li> <li>* One attacking player starts half way down the grid</li> <li>* They receive the ball from a team-mate and look to turn and dribble through the defenders goal.</li> <li>* If the defender wins it they dribble through the attacking teams goal</li> <li>* Progress to 2v2 as seen in the picture</li> </ul>	<p><i>Defending</i></p> <ul style="list-style-type: none"> <li>-Defender sneaks forward and applies immediate pressure</li> <li>-Angle of approach, bend knees and watch the ball</li> <li>- Step in to win the ball when attacker pushes it forward</li> <li>- Second defender applies cover (angle/distance)</li> </ul> <p><i>Attacking</i></p> <ul style="list-style-type: none"> <li>- Open up body and look to penetrate</li> <li>- Keep the ball moving and be positive</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 3v3 in a 25 x 18 yard grid</li> <li>* Players score by dribbling the ball into the goal</li> <li>* Every 10 seconds the coach puts another ball in to play</li> <li>* Once a goal is scored the coach puts another ball in and the ball stays in the goal</li> <li>* If the ball goes out of bounds the coach puts another ball in</li> <li>* If covering attacking the team that has scored the most goals win.</li> <li>* If covering defending the team that has conceded the least amount wins</li> </ul>	<p><i>Defending</i></p> <ul style="list-style-type: none"> <li>-Applying Immediate pressure, don't allow time or space</li> <li>- Forcing the attacking players into cover</li> </ul> <p><i>Attacking</i></p> <ul style="list-style-type: none"> <li>- Penetrate on the dribble/pass</li> <li>- Angles of support (shape width/depth)</li> <li>- Improvisation, look to take players on</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 5v5 on a 50 x 35 yard grid, with two small goals (No keepers)</li> <li>* Place a half-way line on the grid</li> <li>* Attacking teams have to have all of their players up past the half way line for the goal to count, otherwise it does not count</li> <li>* Defending team as to have everyone back otherwise a goal counts double.</li> </ul>	<p><i>Defending</i></p> <ul style="list-style-type: none"> <li>- Encourage players to defend from the front (make it compact)</li> <li>- Squeeze in centrally to covering and balancing players</li> </ul> <p><i>Attacking</i></p> <ul style="list-style-type: none"> <li>- Make the field big, provide width and depth</li> <li>- Staying connected as a group</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 6v6 game</li> <li>* Teams play in a 1-2-1-2 formation</li> <li>* Free play, cover the principles during the coaching moments.</li> </ul>	<div>  = Players          = Coach       </div> <div>  = Dribble          = Pass       </div> <div>  = Movement          = Ball       </div>

Note: When conducting these activities with your players be sure to only coach one of the principles, do not attempt to cover both sides of the ball. The activities are designed for you to be able to cover both Attacking & Defending.



**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



Topic = Recognizing when to Pass and when to Dribble

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Groups of 3 with 1 neutral player</li> <li>The players pass and move the ball around the area</li> <li>They must use the neutral player who has two touch only</li> <li>Progress to after the player receives the pass from the neutral player they must explode with a five yard dribble</li> <li>Stretch</li> </ul>	<ul style="list-style-type: none"> <li>Surface of foot to pass the ball</li> <li>Weight of pass</li> <li>First touch leads you into your next pass</li> <li>If in a tight area when dribbling keep the ball close</li> <li>If you have space when dribbling knock the ball in front of you so you can explode</li> </ul>
<b>MATCH RELATED ACTIVITY</b>		
	<ul style="list-style-type: none"> <li>3 v 3 with a neutral</li> <li>The neutral player plays for both teams, and has a two touch limit</li> <li>The players score by dribbling over their opponents end line</li> <li>Progress to all players having a two touch limit</li> </ul>	<ul style="list-style-type: none"> <li>Team Shape</li> <li>Body position</li> <li>Patience, don't force the play</li> <li>Try to create 1 v 1 situations</li> </ul>
<b>MATCH RELATED ACTIVITY</b>		
	<ul style="list-style-type: none"> <li>6 V 5 (Defensive team has a GK)</li> <li>The attacking team attempts to score in the big goal</li> <li>The defensive team can score in the two small counter goals</li> <li>Play with a high restraining line, so space can be exploited behind the defenders</li> </ul>	<ul style="list-style-type: none"> <li>Team Shape, wide and long</li> <li>Encourage dribbling past the restraining line, especially if in 1 v 1 situations</li> <li>Communication</li> </ul>
<b>MATCH CONDITION ACTIVITY</b>		
	<ul style="list-style-type: none"> <li>7 V 7 including GK's</li> <li>Normal Soccer Rules</li> <li>Use half of a regular 11 a-side regulation field</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>Red circle = Players</li> <li>Black circle = Flag</li> <li>Dashed arrow = Pass</li> <li>Solid arrow = Run</li> <li>Wavy arrow = Dribble</li> <li>Goal icon = Goal Net</li> </ul>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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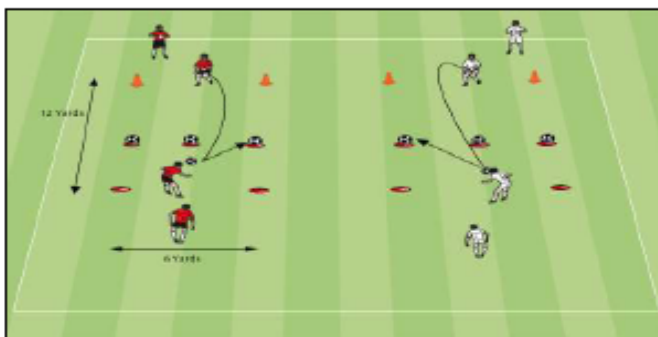
**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**  
**Adrian Parrish: Technical Director**



**Topic: Improve the players ability to score with Headers**

**Training Objectives:**

To primarily help the attacking players to improve the technique of heading the ball when in goal scoring opportunities. Working on the timing of the runs to meet the ball as it is being delivered into the penalty area so players can use their heads to score goals.



**Duration:** 10 Min

**Activity Intensity:** Low

**Repetitions:** 30

**Activity Time:** 15 secs

**Recovery :** 10 secs

**Organization**

Place the group in to teams of 4/6 players. Three soccer balls are placed on three discs in the middle of 12 yards by 6 yard grid. Server stands on one end and the receiving players opposite. Server throws the ball in for the attacker to move forward and try and head the ball and knock on of the three balls off the cones. Servers and attackers switch after each rotation. First team to knock all three off wins the game.

**Coaching Points**

Service has to be straight. Keep eyes on the ball; connect with the forehead, lean back and push forward using the neck/shoulder and back muscles.



**Duration:** 15 Min

**Activity Intensity:** Medium

**Repetitions:** 3

**Activity Time:** 2 min

**Recovery:** 1 min

**Organization**

Players are placed into pairs. Two large goals are on the end of a 25 yard x 22 yard grid with a keeper in each. A server is placed on each post and two players in the middle. The first player goes to each server to try and score on the goal, defender marks them and tries to stop them from scoring. After four attempts they switch roles. Keepers cannot defend the service.

Keep score of who scores the most.

**Coaching Points**

Movement to create time and space, by the attacking player. Eye contact with the server, attack the ball with speed. Hit through the middle/top of the ball to try and make it go downwards



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**Adrian Parrish: Technical Director**



**Topic : Improve the teams ability to create and score from central positions**

**Training Objectives:**

Who? Primary Player - #9, #10, #7 & #11 Secondary Players - #8 & #6

When? The team is counter attacking after winning possession of the ball and the opponents are out of position

Where? Primarily in the attacking third but build up play could occur in the middle third

What? Improve our ability to create & finish goal scoring opportunities centrally through combination play, timing of the runs, good weight on the final penetrating pass and finishing/ shooting past the keeper

Why? To create more opportunities and finish them with a goal



Duration: 15 Min

Activity Intensity: Low

Repetitions: 40

Activity Time: 15 secs

Recovery : 10 secs

**Organization**

Mannequins are set up with 3 Defenders & 1 Midfielder 20/30 yards away from the goal. Place the #7, #9, #11 & #10 in starting positions and show passing patterns to create & finish. Start by playing into the keepers hand to warm them up too, progress to shooting/finishing.

**Coaching Points**

Timing of the movement, passing accuracy and weight, positive touches, opening up of the hips, technique of finishing by placing it into the goal, or striking the ball with the laces



Duration: 18 Min

Activity Intensity: High

Repetitions: 3

Activity Time: 3 min

Recovery : 1 min

**Organization**

40 x 50 yards including a 5 yard zone. 6 Attackers v 7 Defenders. #6 (Attacking team) starts in the zone with the #8 & #10 defensive team. #6 plays the ball in and joins the attack. #8 on defensive team can track back. Triangles score in the big goal (18 yard box is offside line), Circles score by playing into the #10 in the target zone who bounces it back for the player to then dribble into that zone.

**Coaching Points**

Supporting angles, speed and distance of the angles to support the player on the ball. Pull off the defenders shoulder to create space and passing lanes (Mobility) Weight and timing of the pass to penetrate or dribble. Finish by placing ball into the goal.



## Kentucky Youth Soccer Association Coach Education Lesson Plan

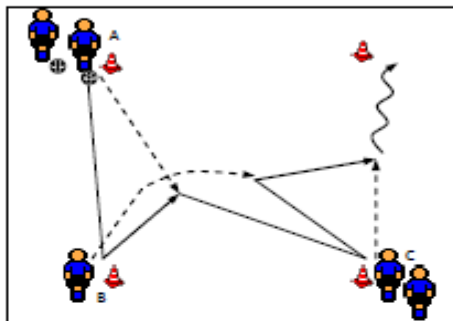


**Topic : Functional Training for Wide Players**

**Coach : Adrian Parrish**

**Training Objectives:** To help the wide players #7 (RW), #11 (LW), #2 (RB), #3 (LB) to recognize when and why to create and exploit the width in the attacking half.

### Warm Up



**Duration:** 12-15 Mins

**Activity Intensity:** Low

**Repetitions:** 15

**Recovery Time:** 2 minutes

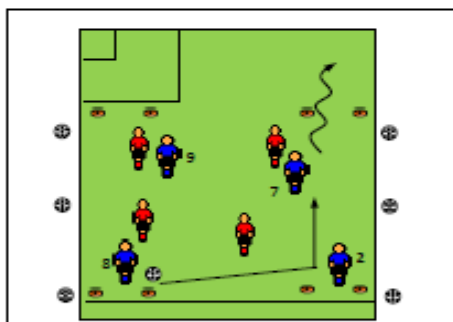
#### Organization

- \* 15 x 15 yard grid with 3-6 players
- \* A passes to B. B plays it back at an angle into the grid to player A
- \* A passes the ball to player C, as player B overlaps player A
- \* Player A moves to player B spot. C plays a give & go with player B
- \* Player B moves to player C spot. C dribbles to the cone and start
- \* Activity continues

#### Coaching Points

- \* Pace of Pass, Lead players into the pass
- \* Timing of Runs
- \* Communication – Eye Contact

### Small Sided Activity



**Duration:** 20 Mins

**Activity Intensity:** Medium

**Repetitions:** 15-20

**Recovery Time:** 2-3 minutes

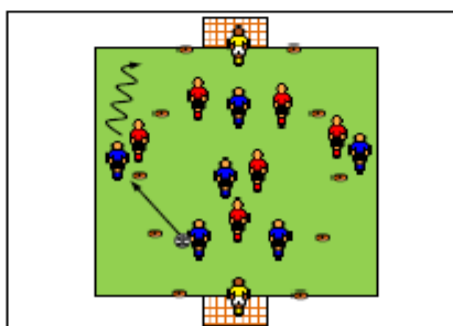
#### Organization

- \* Place 2 small goals just over the halfway line and 2 before the 18 yard box
- \* Play 4v4, working with the 2(RB), 7(RW), 9(CF), 8(CM)
- \* Opposition has a LB, CB, CM & LM
- \* Teams score by dribbling through the goals
- \* Work on both sides of the field

#### Coaching Points

- \* Patterns of play, including overlaps, under-laps, wall passes
- \* Checking Away, Checking To
- \* Create Numbers up Situations

### Expanded Small Sided Activity



**Duration:** 25-30 Mins

**Activity Intensity:** Medium-High

**Repetitions:** 8-10

**Recovery Time:** 2-3 minutes

#### Organization

- \* 7v7 on a 60 x 40
- \* Place two arced channels on each side, with no restrictions in the channels
- \* Play teams in a 2-3-1
- \* Goals scored from an assist in a wide area equal 2 points
- \* Goals scored from an assist in a central area equal 1 point

#### Coaching Points

- \* Team Shape- Width
- \* Look to create 1v1 or numbers up situations
- \* Service and choice of cross.





## Kentucky Youth Soccer Association Coach Education Lesson Plan

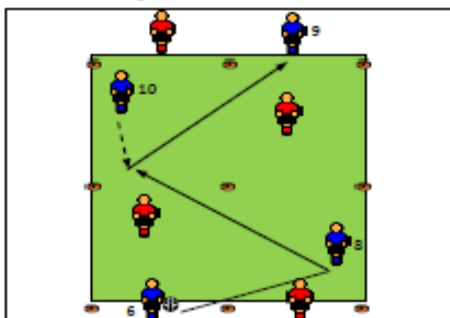


Topic : Combination Play in Central Attacking Areas

Coach : Adrian Parrish

**Training Objectives:** To help the midfielders, specifically the #8 & #10 to combine with the striker #9 to create and finish goal scoring opportunities.

### Warm Up Part I



Duration: 12-15 Mins

Activity Intensity: Low

Repetitions: 15

Recovery Time: 2 minutes

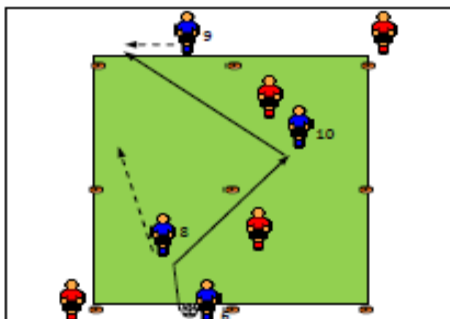
#### Organization

- \* 20 x 20 yard grid, divided into quarters.
- \* Two teams of four, with a player from each team in opposite quarters and a target player on each end.
- \* Target player passes the ball into the first player
- \* Player opens up their hips and plays to their team mate on the opposite side, who then plays to the target.
- \* The ball is then switched to the other team.

#### Coaching Points

- \* Timing of the runs
- \* Open up the hips, looking over the shoulder; lead the player into the next pass.

### Warm-Up Part II



Duration: 20 Mins

Activity Intensity: Low-Medium

Repetitions: 15-20

Recovery Time: 2-3 minutes

#### Organization

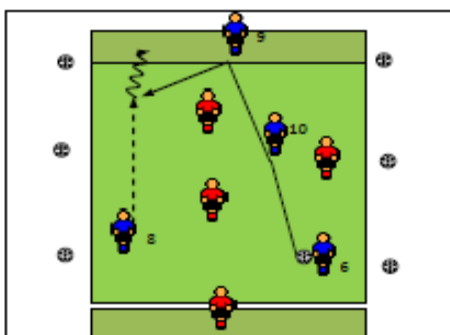
- \* The grid is the same set up as warm-up part I
- \* Players in possession can go in any area of the grid
- \* Defensive team has to stay in their own half
- \* The team in possession has a target play on each end, if possession is lost the target players switch.
- \* Teams try to play from one target player and back to the other.
- \* Target player cannot play to each other, have to connect in the middle.

Double points if both central players touch make a pass.

#### Coaching Points

- \* Verbal and Physical Communication
- \* Movement off the ball (including the target players)

### Small Sided Activity



Duration: 25-30 Mins

Activity Intensity: Medium-High

Repetitions: 8-10

Recovery Time: 2-3 minutes

#### Organization

- \* Add 3 yard end zones on the top of the grid.
- \* The CF (#9) goes in the end zone, with the midfielders in the main area
- \* Teams try to play it into their target who passes the ball back for a player to dribble into score
- \* If the team is successful, possession changes. Teams cannot defend the target but can use the end zones to build up in.

#### Coaching Points

- \* Team Shape and Movement to create space
- \* Timing of the runs & weight of passing
- \* Look forward to penetrate, if not on look to possess


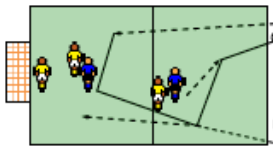





# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Movement of the Strikers to create shooting opportunities

Coach: Adrian Parrish

FUNDAMENTAL - WARMUP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>6 Players, three stand just on top of the penalty box and the other three near the goal.</li> <li>Place three cones on top of the penalty box</li> <li>One striker stands on the middle cone, checks through a gate and back to receive the pass.</li> <li>Striker lays it back to the passer and spins off the outside cone for the passer to play it back through the gate.</li> <li>Striker takes it to play 1v1. Players rotate lines.</li> </ul>	<ul style="list-style-type: none"> <li>Angle / Timing of Runs</li> <li>Lead players into the pass/dribble</li> <li>Engage the keeper off the line</li> <li>Place the ball into the corner</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>30 x 24 grid divided in half</li> <li>Place one defender and one attacker in each half.</li> <li>Two Midfielders play the ball into the first striker and move in to support.</li> <li>The striker combines with the midfielders to then play into the second striker.</li> <li>Strikers and defenders stay in their section and the midfielders run into support.</li> <li>If the defenders win it, they dribble over the line where the midfielders started the activity.</li> </ul>	<ul style="list-style-type: none"> <li>Strikers needed to be staggered and not behind each other.</li> <li>Timing of the runs</li> <li>Place body between the defender and the ball</li> </ul> <p>Defenders apply light pressure to start.</p> <p>Progression</p> <ul style="list-style-type: none"> <li>Allow the first pass to go to the second striker</li> <li>First striker can turn and play into second striker</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>7v7 with a neutral player</li> <li>Divide the field into thirds, with the middle channel being slightly bigger than the two wide channels</li> <li>The team you coach plays in a 1-3-1-2 formation</li> <li>Any players are permitted in all the channels</li> <li>If the team scores a goal through the middle channel it equals three</li> <li>Any goal scored off a cross equals one goal</li> <li>Offside rule applies</li> </ul>	<ul style="list-style-type: none"> <li>Movement of the strikers, encourage them to stay centrally but staggered.</li> <li>Strikers look to play off the defenders shoulders.</li> <li>Timing of runs from the strikers and angles of support from the midfielders</li> </ul>
<b>MATCH</b> 	<ul style="list-style-type: none"> <li>8V8</li> <li>Normal Soccer Rules</li> <li>Teams play in a 1-3-2-2 formation and/or a 1-2-3-2 formation</li> </ul>	

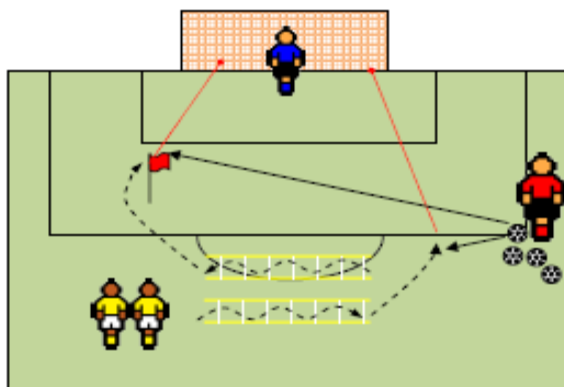


**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



Topic = Functional Training for the Center Forwards

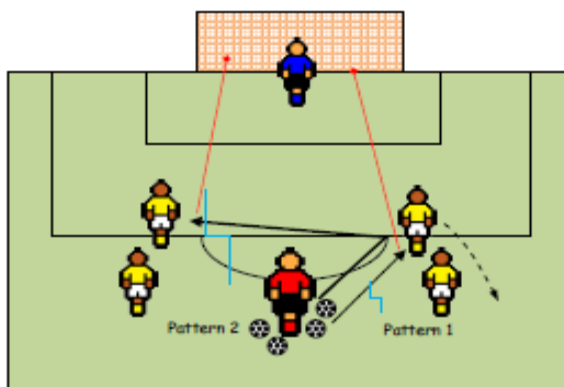
Coach= Adrian Parrish



- \* Place two ladders on top of the 18 yard box.
- \* Server stands on the side of the box with a keeper in goal
- \* Player runs double step through the first set of ladders, receives a ball from the server, takes a touch and then shoots on goal.
- \* Straight after the shot, the player runs through the second set of ladders, arcs their run around the flag and receives the second ball to take a shot.

Coaching Points

- > Take the touch and be positive to go towards goal
- > Open up the hips
- > Shape the runs to receive the second ball and take the shot first time.
- > Look to place the ball into the goal, with power



- \* Four players are on top of the 18 yard box.
- \* Keeper in the goal and a server with numerous balls also on top of the box.
- \* Two strikers stand opposite each other about the width of the goal.

Passing Pattern 1

- \* Server plays the ball to the striker, who opens up and immediately takes a shot on goal.
- \* After shooting they check back and do Passing Pattern 2.
- \* Receive another ball from the server.
- \* This time the player opens up and passes the ball across the top of the box for their teammate to open up and take the shot.
- \* After the pass, the player spins out.
- \* The player that just took the shot now receives the ball from the server and sets up the next person opposite them.

Coaching Points

- > Encourage players to play two touch, setting themselves up for the shot.

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## Kentucky Youth Soccer Association

### Coach Education Lesson Plan

Adrian Parrish: Technical Director

#### Topic: Numerical Superiority in the Attacking Half



**Who?** Primary Player - #9 #10, #8, #7 & #11 Secondary Players - #6, #2 & #3

**When?** The team has gained possession and can look to penetrate quickly to create the counter attack

**Where?** When the ball is won or possessed in the midfield and transitioned into the attacking third

**What?** Work with players to recognize when to penetrate along with the time and angles of their supporting runs

**Why?** To give the team more options in the attacking third so they can look to have more options to create goal scoring opportunities.



**Duration:** 15 Min **Activity Intensity:** Medium  
**Repetitions:** 10 **Activity Time:** 35 secs **Recovery:** 35 secs

##### Organization

Players are in teams of 4 with one neutral player. To get the players warmed up they just pass and move a ball around for a few minutes. 30 x 24-yard grid. 2 end zones are added with a defender and attacker from each team placed in the end zone. 2v2 in the middle with a neutral player. The teams try to play out of the middle zone and must pass the ball into their target player before joining them to create a 2v1 and score in the small goal.

##### Coaching Points

- \* Weight of pass, lead players into the next pass
- \* Angles of timing of movement to receive the pass
- \* Body shape, should be opened up to try and play forward, drop off the defender to try and see the whole field.



**Duration:** 25 Min **Activity Intensity:** Medium  
**Repetitions:** 3 **Activity Time:** 5 mins **Recovery:** 90 secs

##### Organization

6 Attackers versus 5 Defenders (inc GK). 3 of the attacking team are placed in a 38 x 18-yard grid versus 2 Defenders. A striker and two defenders are placed out of the grid towards the big goal. The 3 attacking team players in the grid have to complete 4 to 6 passes before looking to play out to the striker. When the ball is released two of the attacking team break out of the grid to create a 3v2 to goal. If the defenders win it they play back to the players in the box who score by dribbling over the end line of the grid. Progress to allow a defender & another attacking to break out to create a 4v3

##### Coaching Points

- \* Timing and movement of the striker, must keep body between the defenders and the ball.
- \* Timing and distance of supporting runs from the midfield, don't go past the ball.
- \* Speed of the attack, look to penetrate quick and go to goal



**Kentucky Youth Soccer Association**  
**Olympic Development Program**  
**Adrian Parrish: Technical Director**



**Topic: Developing Buildup Play using the Midfielders**

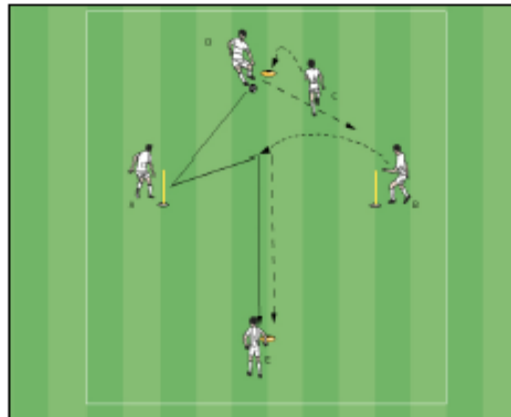
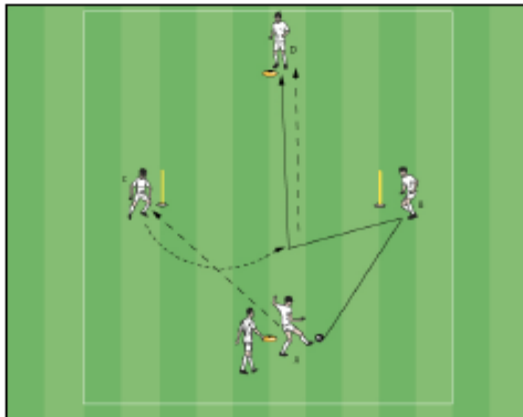
**Who:** Primary Player - #6, #8, #4, #3 Secondary Players - #1, #10, #9

**When:** Upon gaining possession in the defensive third and the team is looking to build out of the back.

**Where:** In the defensive third and building through the middle third in central areas

**What:** Improving the players ability to pass and receive and create space for themselves so the team can possess the ball to eventually penetrate into the attacking half of the field.

**Why:** To help the players possess and be patient as they play out of the back into the attacking half of the field.

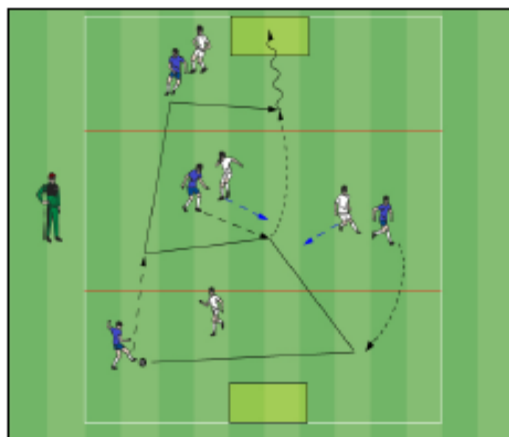


**Duration:** 16 Min **Activity Intensity:** Low **Repetitions:** 6 **Activity Time:** 2 mins **Recovery:** 30 sec

Groups of 5 players playing on a 20 x 33 yard diamond. A passes to B. A then moves the where C was standing. C comes off the post to receive a ball dropped back from B. C passes to D and follows the pass.

D passes to A, after the pass, D moves to where B is standing. B comes off the post and receives a dropped pass from A. B plays a pass to E. The pattern continues.

**Coaching Points:** Weight of passing, leading players into their next pass, timing of the runs, open up hips for ball to roll across body



**Duration:** 24 Min **Activity Intensity:** Medium  
**Repetitions:** 4 **Activity Time:** 5 mins  
**Recovery:** 1 min

**Organization**

40 x 25 yard grid divided in thirds. Place a 6 x 3 yard box at the end of the grid. 1 player from each team is in the end grids and 2 players from each team are in the middle. A middle player can drop into the end grids at any time to create a 2v1 to play out and play into score by dribbling into the zone. Progress to allowing a defender to track with the midfielder.

**Coaching Points**

Movement and angle of support (having the midfielders to play/think opposites). Don't force, if the play is not on, the team has to possess. Weight of passing

# DEFENDING



## Kentucky Youth Soccer Association Lesson Plans – Six Second Defending Concept Adrian Parrish – Technical Director



**Training Objectives:** The teams aim is to try and win back possession is six seconds or less. If the team is unable to transition into attack they need to show where and why they should drop back behind the ball and deny the opposition the opportunity to penetrate.

### Warm-Up



#### Organization

- \* Place a second penalty box on top of the one already on the field
- \* Five players with two soccer balls and two players (taggers/defenders) holding a vest
- \* The team of five throw the balls around to keep possession.
- \* The Defenders aim is to try and tag a player as they are in possession of the ball
- \* If the defender tags a player they switch roles
- \* Progress to the attacking team using their feet to maneuver the ball

#### Coaching Points

- \* Taggers/Defenders have to stay connected, don't chase separately
- \* Make the play predictable with body shape and then apply the pressure quickly

### Small Sided Activity



#### Organization

- \* Play from the top of the penalty box to the half-way line
- \* Playing the full width of the field with three 2 yard goals placed at each end
- \* A Goalkeeper and 5 outfield players are defending on side
- \* Five attackers defend the goals on the half-way line
- \* Goals are score by dribbling through the goals. The GK moves behind the back of the goals and if he/she is standing behind that goal it is closed and cannot be scored in.
- \* 3 points for scoring in a central goal, one for goals on the outside

#### Coaching Points

- \* When, Where and Why to apply immediate pressure for example slow pass, back to goal, flighted pass
- \* Encourage the team to create pressure pockets and force the play into pressure. Angle of approach and body shape is important.
- \* Don't keep chasing, if the ball can't be won, drop back in and compact the space
- \* Counter attack with speed and conviction





**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Defensive Heading from Crosses

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players work in groups of three</li> <li>* One ball between the group of three players</li> <li>* The player in the middle, tosses the ball up for a player to head over their head to his or her team mate</li> <li>* The receiving player controls the ball and passes back to the server who picks it up and tosses it back for the second player to head the ball over</li> <li>* Rotate the server in and out every 60 seconds</li> </ul>	<ul style="list-style-type: none"> <li>* Get in flight of the ball</li> <li>* Keep your eye on the ball</li> <li>* Bend the knees and have a sideways stance</li> <li>* Push through using the legs and upper torso for power</li> <li>* Lift up arms and use them to help with thrust</li> <li>* Connect on the middle third of the ball</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Set up 4 attackers Vs 3 Defenders and a GK in an area slightly wider and longer than the 18 yard box</li> <li>* The 2 wide players have to cross the ball outside the area</li> <li>* The 3 defenders can score by scoring in a counter goal, if they score directly of a header it is worth 3 points, if the goal is scored off an assist then it equals two goals. If they pass the ball around and score it equals as 1 goal</li> <li>* They play into the one two target players who switches the play through their team-mate and go out the other side</li> <li>* Attacking team try's to score in the big goal</li> </ul>	<ul style="list-style-type: none"> <li>* Body Position needs to be open to server and other attackers</li> <li>* Get body in front of the attacker</li> <li>* Watch the flight of the ball</li> <li>* If the ball is in the air, head the ball away and at an angle.</li> <li>* Defenders and GK need to move up with the ball as they clear it</li> </ul> <p>(Don't play corners)</p>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* "Attack v Defence".</li> <li>* Use just under three quarters of a pitch</li> <li>* Set up the conditions to allow plenty of crosses be put in</li> <li>* You need to work with units of players ( don't spend too much time with individuals).</li> <li>* Use a Linesman!</li> </ul>	<ul style="list-style-type: none"> <li>* Team to stay connected</li> <li>* Runs tracking back</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 9 v 9 ( including the GK'S).</li> <li>* "Box to Box " plus the Full width of the pitch.</li> <li>* "Coach One Team - One Theme". Condition the Team(s). Use starting positions.</li> <li>* Work down both sides of the pitch.</li> <li>* Use an Off-side line for Realism.</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



Topic = Defending the Counter Attack

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two teams of 3, play on a 24x 12 yard (including the end zones).</li> <li>* 2 v2 in the grid. Third player acts as a server.</li> <li>* Teams score by dribbling the ball into the end zone.</li> <li>* As the player dribbles the ball into the end zone, the server pass a ball into their teammate to create a quick counter.</li> <li>* The player that just dribbled in must now transition back.</li> </ul>	<ul style="list-style-type: none"> <li>* First Defender delays by defending the space &amp; slowing the attackers down.</li> <li>* Use the sideline as a second defender to try and create a 1v1.</li> <li>* Second defender transitions back quickly to get back behind the ball.</li> <li>* When players are behind the ball, slow down the attack and try to force the play back.</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 3v3 on a 30 x 18 yard field</li> <li>* Place small goals at the end of the field with a flag 8 yards behind each goal.</li> <li>* When the team scores a goal, the player that scored has to run around the flag before coming back onto the field</li> <li>* A player from the team that conceded gets a ball and quickly creates a 3v2 counter attack.</li> </ul>	<ul style="list-style-type: none"> <li>* If immediate pressure can be applied (bad first touch, bad pass) then stop the counter attack early.</li> <li>* If not, transition back quickly to get players behind the ball, defending the central areas and force wide</li> <li>* Player transition back does so by getting to the balancing side of the defensive line.</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 8 defensive players versus 6 Attackers</li> <li>* Defensive team, 1 GK, 3 Def, 2 mids &amp; 2 players in gates</li> <li>* Attacking team, 3 forwards, 2 mids and a Feeder player</li> <li>* Coach the team playing out from the big goal to the counter goals</li> <li>* Players score by dribbling through a counter goal, when the goal is scored the feeder player passes the ball on to create a 5v4.</li> <li>* The player standing in the gate must switch with their team mate and transition back into defend</li> </ul>	<ul style="list-style-type: none"> <li>* Delay the attacking team the opportunity to penetrate</li> <li>* If defensively you have numbers behind the ball, force the play into pressure.</li> <li>* Transition back centrally</li> </ul>
<b>MATCH</b> 	<ul style="list-style-type: none"> <li>* 8 V 8</li> <li>* Normal Soccer Rules</li> <li>* Little to NO coaching, but position yourself where you can still work with the goalkeeper</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div>  = Goalkeepers   = Pass   = Run-Move   = Goal </div> <div>  = Players   = Ball   = Flag   = Cone </div> </div>

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**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Pressure

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Place the team into two groups of five</li> <li>* One team keeps possession by passing the ball around against 1 defender</li> <li>* Every 30 seconds another defender is added</li> <li>* When the defenders win possession or force the team in possession to kick it out the ball is transferred over and roles of the teams are reversed.</li> </ul>	<ul style="list-style-type: none"> <li>* Immediate Chase</li> <li>* Body Shape, bent knees and sideways stance</li> <li>* Force the player in possession in to making the mistake</li> <li>* Tackling</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 2 v 2 to small games (progress to 3 v 3)</li> <li>* Played in a 15 yard x 22 yard area</li> <li>* One attacking player starts on a cone, half way down the grid</li> <li>* Ball gets played into the attacking player and the passing player come out to support</li> <li>* Two defenders come out to create 2 v 2</li> <li>* Goals are scored by dribbling through the goals</li> <li>* Award defending team two points for winning it and going on to score. Rotate roles when the first team scores 10</li> </ul>	<ul style="list-style-type: none"> <li>* Immediate Chase, move forward before the ball has been passed</li> <li>* Delay the player from turning - force the play back</li> <li>* Double up as space becomes limited</li> <li>* Communication - Instructions from covering defender</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 v 6 including Goalkeepers</li> <li>* Each team attacks/defends three goals</li> <li>* A Goalkeeper is placed in each central goal</li> <li>* Put in an halfway line so the offside rule applies</li> <li>* Teams can score one point by dribbling through one of the side goals</li> <li>* Teams score two points by scoring in the big goal past the keeper</li> <li>* Teams play with 3 Def and 2 Strikers</li> </ul>	<ul style="list-style-type: none"> <li>* Force the play centrally to try and go straight to goal</li> <li>* Pressure, Cover, Balance</li> <li>* Make it compact</li> <li>* Upon winning the ball, decision to try and penetrate</li> </ul>
<b>MATCH</b> 	<ul style="list-style-type: none"> <li>* 9 V 9</li> <li>* Normal Soccer Rules, including offside</li> <li>* Little to <b>NO</b> coaching, play the game with no restrictions</li> <li>* Teams play in a 1-3-2-3 formation</li> <li>* If the ball can be won back immediately go and win it</li> </ul>	<div>  = Players            = Goalkeeper         </div> <div>  = Pass            = Dribble         </div> <div>  = Run/Player Movement         </div> <div>  = Goal            = Ball            = Con         </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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## Kentucky Youth Soccer Association ODP Lesson Plan



Date: Saturday Dec 3<sup>rd</sup> 2016

Topic: Defending, Numbers Down

### Warm-Up



Tag Game A

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Tag Game B

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### Tag Game A

10x10 yard grid with 6 players in a grid, 3 per team  
In opposite corners place some 2 yard gates  
One team are the defenders (blue), the other team's attackers (white)  
Attacking team has 3 seconds to get through the opponent's gate without getting tagged.  
If they are tagged they it's a point to the defender, if the attacker gets through the gate they win a point.  
Players switch sides after each attempt.

### Coaching Points

Apply the pressure quick  
Keep them running on one side and do not allow them to turn

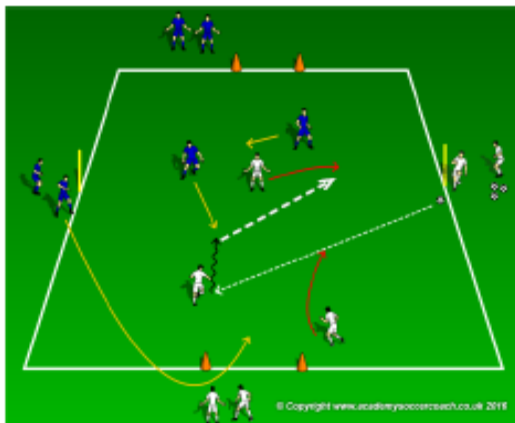
### Tag Game B

15 x 15 yard grid with 8 to 10 players placed in pairs  
One player is the attacker, the other player is the defender.  
The attacking player jogs around the grid and the defender follows  
At any time within a 20 second period the attacking player can explode out of the grid and the defender has to tag them before they get out.

Attacking player can only change direction (quickly once), progress to allow them to change direction several times

### Coaching Points

Defender needs to stay tight and keep letting the attacker know they are there by tapping the arm or the back, keep eye on the attackers middle of the body.



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21 x 16 yard grid with 13/14 players placed into two teams.  
On the end of each grid place a two-yard gate and a cone/pole on the halfway line.

Ball starts on the halfway line and is played in to the attacking team who start with a high target and two players breaking out.

As the ball is played in two defenders come out and apply the pressure, trying to delay the attacking and deny the opportunity for the attacking team to dribble thru the gate. As soon as the first attacker touches the ball, a third defender can join the activity by running through the gate and defend by tracking back to create a 3v3.

If the Def's win it they attack the other gate

Progress to allowing a 4<sup>th</sup> attacker to join in after they have played the initial pass.

### Coaching Points

Force the play away from the goal, by shaping up the body on the attacker, and getting tight.

Do not allow the attacker to turn and try to force them into the second defender.

Be patient and delay the attack, allow time for players to get back and defend the space.



# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = High Pressure Defending

Coach = Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>COACH</p>	<ul style="list-style-type: none"> <li>* Divide the group into three's, placing each threesome into a third of the grid</li> <li>* The middle team starts by playing the ball to one of the end teams. One player from the middle breaks out to try and win the ball back.</li> <li>* The end team can play the ball through the other side.</li> <li>* If the Def wins it, they break out and the team that lost possession goes in the middle</li> </ul>	<ul style="list-style-type: none"> <li>* Immediate Chase</li> <li>* Body Position</li> <li>* Force the play into support</li> <li>* Communication</li> </ul>
<p>COACH</p>	<ul style="list-style-type: none"> <li>* 4v4 including Goalkeepers</li> <li>* Coach Plays the ball in to 2 attackers</li> <li>* 1 Defender tracks back from the same side and 2 Def step forward from the opposite side</li> <li>* A third Att player steps forward from the opposite side</li> <li>* The Att players have to dribble over the half way line</li> <li>* If the Def team wins it back in the attacking half and score the goal counts for two</li> <li>* Progress to allow the Att team to pass the ball over</li> </ul>	<ul style="list-style-type: none"> <li>* Communication</li> <li>* Pressure &amp; Cover</li> <li>* Compactness</li> <li>* Decision Making</li> <li>* Transition</li> </ul>
	<ul style="list-style-type: none"> <li>* 7 Attackers versus 6 Defenders</li> <li>* Ball starts with GK, Attacking team is trying to score in the two counter goals</li> <li>* If Defensive team wins it they score in the big goal</li> <li>* Add Offside line</li> <li>* Vary the service, coach can distribute in from behind the counter goals.</li> </ul>	<ul style="list-style-type: none"> <li>* Read the cues</li> <li>* Compactness- Stay connected</li> <li>* Tracking Back</li> </ul>
	<ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* Divide the field into thirds</li> <li>* If a team wins possession back in the Attacking third and score it equals 3 goals</li> <li>* If a team wins possession back in the Middle third and score it equals 2 goals</li> <li>* If a team wins possession back in the Defensive third and score it equals 1 goal</li> <li>* Lift restriction after 10 minutes of play</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>😊😊😊 = Players</li> <li>🏠 = Goal</li> <li>~~~~~ = Dribble</li> <li>----- = Pass</li> <li>———— = Run</li> </ul>
COOL DOWN	Players pass and move in pairs. Stretch	

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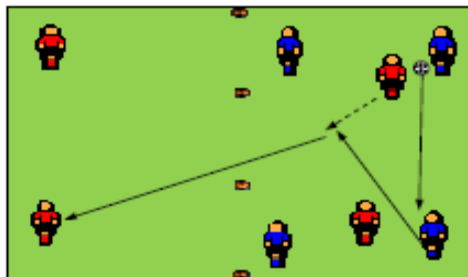


**Kentucky Youth Soccer Association**  
**Lesson Plans – Defending Later**  
**Adrian Parrish – Technical Director**



**Training Objectives:** Help the team as a unit to recognize who, when and why the individuals/team should drop behind the ball to defend later rather than earlier. If it is on for the players/team to win early the team should still apply pressure.

**Warm-Up**



**Organization**

- \* 30 yard x 16 yard grid divided into two
- \* 4v4. One team places two defenders in on half of the grid to create a 4v2
- \* If the defenders win the ball they play the ball to their team mates in the other half
- \* They join their teammates and two players from the other team come over to create a 4v2

**Coaching Points**

- \* Angle of approach to force the play towards the halfway line
- \* Pressure needs to be more intense towards the halfway line (teaching the players to defend from the front)
- \* Players need to drop and shape body to make play predictable and try to intercept the pass.

**Small Sided Activity**



**Organization**

- \* Place two cones (a goal) on top of the 18 yard box
- \* Place a 8x8 yard box inside the Center Circle
- \* Play the width of the 18 yard box
- \* 7v5, working with the team attacking the coned goal. Normal goal scoring rules.
- \* Team of 7 (including GK) score by trying to play the ball into the target player who must stay inside the 8x8 grid
- \* If the target player receives the ball on the ground the team scores one point. If they receive an aerial pass and can control it, they score 2 points.
- \* Normal soccer rules apply

**Coaching Points**

- \* Help the players see the keys of when to drop back, such as the player with the ball puts their hand down and looks to play long
- \* Back peddle and keep hips open so you can see the ball and the field
- \* When dropping be patient and compact
- \* Organization, if one player goes and the other players do not the team needs to be prepared to pull them back and not chase





**Kentucky Youth Soccer Association**  
**Olympic Development Program**  
**Adrian Parrish: Technical Director**  
**Topic: Defending in Small Groups**



**Duration: 12 Min**

**Activity Intensity: Low/Med**

**Repetitions: 12**

**Activity Time: 30 secs**

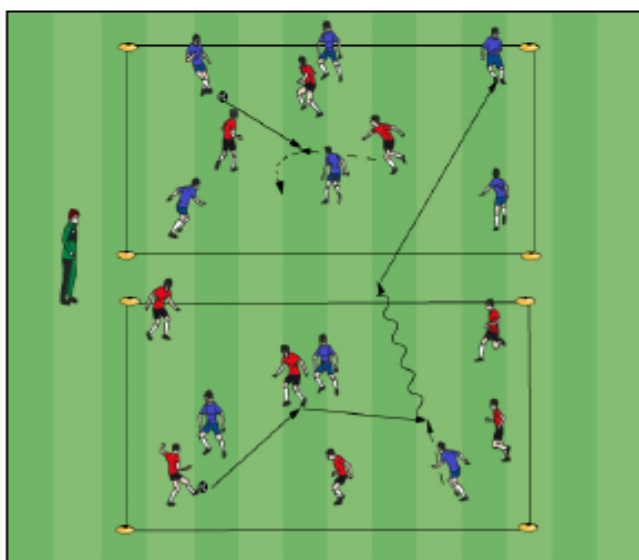
**Recovery: 30 sec**

**Organization**

Grids are 18x18 yards with gates approx 1 yard apart placed centrally on each side. Each gate is numbered 1 thru 4 with 1 or 2 players standing in each gate. Coach yells out two numbers. First number is the attacking, second number is the defender. Attacking can score in any of the two gates that were not called out. If the defender wins it, they attack the goal from which the attacker started.

**Coaching Points**

Make decision on whether to defend the goal or ball, angle and speed of approach, keep your eye on the ball, body stance, be patient and step across the attacker when they take a large touch



**Duration: 24 Min**

**Activity Intensity: Med/High**

**Repetitions: 6**

**Activity Time: 3 mins**

**Recovery: 1 min**

**Organization**

Two grids of 20 x 35 yards with a 3 yard gap in between. 6v3 in each grid. Six attackers keep possession and win a point for every 8 consecutive passes they make. Defenders win a point if they can successfully win the ball and dribble into the gap in between the grids. Attacking team retrieves it

Progress to defenders win and have to dribble into the grid and then play the ball into their teammates in the opposite grid. Attacking team may have both balls on some occasions. Switch defenders every 3 minutes.

**Coaching Points**

Keys of when and where to press the player on the ball, angle and speed of approach which determine the supporting distance of second defender. Staying compact and working together, forcing the opponents to make the mistake



## Kentucky Youth Soccer Association Coach Education Lesson Plan

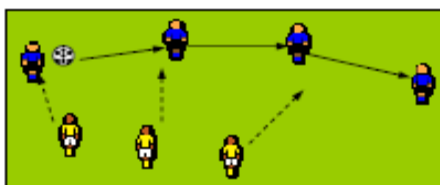


Topic = Defending in the Attacking Third

Coach= Adrian Parrish

The activities below are set up to work with teams that play in a 4-3-3 formation but can be manipulated to fit the style for any formation

### Warm-Up



#### Organization

- \* 4 Defenders and 3 Strikers are in a 36 x 18 yard area
- \* The 4 defenders pass the ball back and forth.
- \* The 3 strikers shadow the balls movement and apply pressure.
- \* The strikers do not attempt to win the ball, but simply move to apply pressure, cover and balance.

#### Coaching Points

- \* Pressure, Cover, Balance
- \* Players move as the ball is in transition
- \* Body position to force the play back into support
- \* Dropping back to provide cover and balance after the ball has moved
- \* Communication

### Small Sided Activity



#### Organization

- \* 6 Defensive Players (inc GK) versus 4 Attacking Players
- \* Work with the 3 Strikers and one attacking midfielder
- \* 40 yards long x 46 yards wide
- \* Defensive team tries to play out and score by dribbling into the end zone area
- \* Attacking team tries to win it and go and score on the big goal
- \* Play with an offside rule.
- \* After either team has scored the activity restarts with the goalkeeper
- \* Play Throw Ins, No corners

#### Coaching Points

- \* Pressure, Cover Balance. Help players see the pictures when to apply good pressure
- \* Try to force the play into support
- \* Stay Connected
- \* Communication

### Expanded Small Sided Game



#### Organization

- \* Phase of play 9 Defenders 4-3-1 in Blue versus 8 Attackers 2-3-3 Yellow
- \* Defenders score by playing into their target player and dribbling through one of the counter goals.
- \* Attackers score in the big goal
- \* Play offside, no corners. Goal is scored start with GK

#### Coaching Pictures

- \* Apply pressure when defender is facing their own goal
- \* Apply pressure during a long pass. Can you double team or intercept the pass
- \* When ball is played into the midfield defend from the front
- \* Create a pressure pocket. Force the ball to a technically inferior player
- \* Center Mid, needs to keep looking behind and stop balls from being played into the strikers feet
- \* Midfielders to defend on the shoulder which would be goal side
- \* Tracking back to force the play to the side
- \* Balancing defenders need to keep hips and body open



## Kentucky Youth Soccer Association

### Coach Education Lesson Plan

Adrian Parrish: Technical Director

#### Topic: Defending Central Areas – Forcing Play Wide



##### Training Objectives:

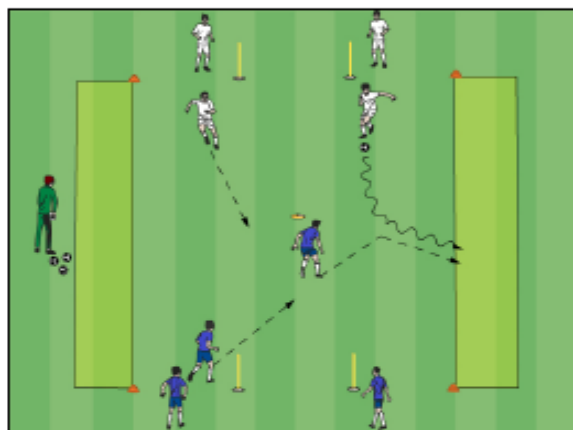
Who: Primary Player - #4, #5, #6 & #8, #1 Secondary Players - #10, #9.

When: The opposition is possession of the ball in and building up an attacking in the middle of the field

Where: Centrally in the middle and defensive third, top of the penalty box

What: Improving the teams ability to apply and understand the principles of defending (pressure, cover, balance, compactness, control and restraint. Denying space in behind and forcing the play away from the goal.

Why: To prevent the opposition scoring opportunities by maintaining a balanced defensive shape by remaining compact and forcing them to turn the ball over so a counter attack can occur



Duration: 10 Min

Activity Intensity: Low

Repetitions: 15

Activity Time: 30 secs

Recovery : 45 secs

##### Organization

An area of 24 yard x 15 yard with two zones on the sides. A gate is placed at the end of the grid. Coach plays the ball into the attacking players who try to dribble through the gate. One defender starts half way up the grid and applies the pressure and is joined by a second defender. If they force the dribbler into a zone, they win a point. Progress to winning the ball and counter attacking to the gate.

##### Coaching Points

Immediate pressure, angle and speed of approach, body shape, step across the attacker if they take a big touch, supporting angle and distance of second defender, communication and information provided by second defender

Duration: 20 Min

Activity Intensity: High

Repetitions: 12

Activity Time: 90 secs

Recovery : 45 secs

##### Organization

36 yard x 44 yard grid. Three teams of three players and one keeper. Two teams play in the grid with one team acting as bumper players. Bumper players cannot pass to each other. The attacking team scores in the big goal. Defensive team scores by winning possession and finding the bumper player at the top of the grid. Switch teams after 90 seconds

##### Coaching Points

Immediate pressure, not allowing time and space for the attackers to turn, body shape and angle (keeping an eye on the ball) second defender needs to be opened up so they can see both ball and man. Keeper stays connected with the defenders, #6 defends from the front but checks shoulders to cut out passing lanes.





**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Winning Possession of the Ball

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Every player has a ball and dribbles in a 20 x 18 grid</li> <li>* Coach calls out change, players put a foot on their ball and go and gain possession of another players ball. Upon retrieving a new ball, encourage a change of speed</li> <li>* Proceed for 2-3 minutes</li> <li>* Coach then starts taking balls out</li> <li>* Players that don't have a ball are not out but will keep running around and try to get one when the coach calls out</li> </ul>	<ul style="list-style-type: none"> <li>* Moving around with head up</li> <li>* Get to the ball quickly</li> <li>* Touch into space to accelerate away</li> </ul>
	<ul style="list-style-type: none"> <li>* Pick two defenders, who start without a ball</li> <li>* Every other player has a ball and dribbles in a 22 x 18 yard (Size of grid varies on number &amp; age of players)</li> <li>* The defenders enter the grid and try to win possession of a ball. Upon winning it they have to try and dribble it back to the coach</li> <li>* The player that lost possession can try to win it back</li> <li>* If the ball gets to the coach, the player that lost it becomes a defender</li> </ul>	<ul style="list-style-type: none"> <li>* Desire to win the ball</li> <li>* Step across the dribbler as they take a touch</li> <li>* Place foot or body in between ball and dribbler</li> <li>* Accelerate away upon winning possession</li> </ul>
	<ul style="list-style-type: none"> <li>* 1 v1 to small goals (progress to 2 v2)</li> <li>* Teams of 4 with two players from each team placed next to the goal</li> <li>* Coach passes a ball into one side for a player to receive and dribble the ball out.</li> <li>* One player from the other side comes out to try and win the ball.</li> <li>* Play until a goal has been scored all the ball goes out of bounds</li> </ul>	<ul style="list-style-type: none"> <li>* Immediate Chase, go to the ball. Younger players will want to go directly to the goal</li> <li>* Force players away from the goal</li> <li>* Upon winning possession accelerate away to penetrate</li> </ul>
	<ul style="list-style-type: none"> <li>* 5 V 5</li> <li>* Normal Soccer Rules</li> <li>* Little to <b>NO</b> coaching, play the game with no restrictions</li> </ul>	<div>  = Players            = Coach         </div> <div>  = Pass            = Dribble         </div> <div>  = Run/Player Movement         </div> <div>  = Goal            = Ball         </div>
COOL DOWN	Players pass and move in pairs. Stretch	

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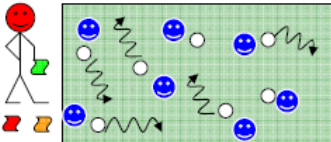
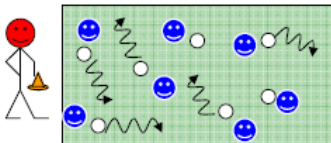
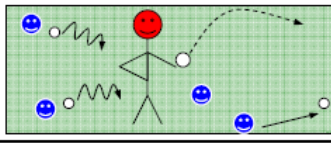

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# DRIBBLING



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Individual Dribbling Activities for Young Players		Coach = Adrian Parrish
FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players dribble around the area with a ball each</li> <li>* The coach shouts out an animals name and the players have to dribble at the speed that animal would move</li> <li>* As a progression the coach now has three colored vests (Red, Orange and Green)</li> <li>* When the coach holds up the red vest it means stop, orange vest means change direction, green vest means go</li> </ul>	<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> <li>* Players change Speed</li> <li>* Players have control of the ball when stopping</li> <li>* Players change direction</li> </ul>
MATCH RELATED ACTIVITY		<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> <li>* Players change Speed</li> <li>* Players have control of the ball</li> <li>* Players change direction</li> <li>* Players improve their balance and coordination</li> </ul>
MATCH RELATED ACTIVITY		<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> <li>* Players have control of the ball</li> <li>* Players change direction</li> <li>* Players improve field awareness</li> <li>* Dribble with their heads up</li> </ul>
MATCH CONDITION ACTIVITY		<p>3 v 3 no GK's</p> <ul style="list-style-type: none"> <li>* Have two or three ball is the game at the same time</li> <li>* Once all the balls have ended up in the goal, restart the game</li> <li>* Coach can add more balls as he/she feels fit</li> <li>* Let the players play, but encourage players to take players on when in 1 v 1 situations.</li> </ul>
COOL DOWN	Players lightly jog and skip around the area. Stretch	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>● = Dribble</li> <li>● = Coach</li> <li>● = Throw</li> <li>● = Players</li> <li>● = Vests</li> <li>● = Goals</li> <li>● = Cone</li> </ul>

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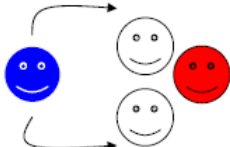

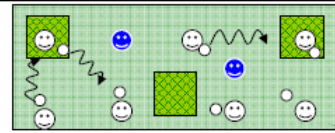
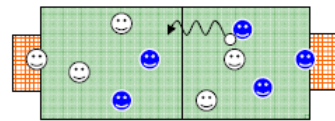


# **Kentucky Youth Soccer Association** **Coach Education Lesson Plan**



Topic = How to coach quick & deceptive movement

Coach = Adrian Parrish

Topic = How to coach quick & deceptive movement		Coach = Adrian Parrish	
<b>FUNDAMENTAL – WARM UP</b>	<b>ORGANIZATION</b>	<b>KEY COACHING POINTS</b>	
	<ul style="list-style-type: none"><li>* Have 3 players form a triangle by placing their arms on one another's shoulders</li><li>* A fourth player stands away from the triangle</li><li>* Designate one player in the triangle to be a target</li><li>* The 4<sup>th</sup> player attempts to tag the target player</li><li>* The triangle can not run away but must move around to protect the target player.</li><li>* Keep switching the person tagging and the target player</li></ul>	<ul style="list-style-type: none"><li>* Keep triangle connected</li><li>* Quick &amp; Deceptive lateral movements</li></ul>	
<b>MATCH RELATED ACTIVITY</b>		<ul style="list-style-type: none"><li>* Players are put into pairs with a ball each (activity can start without ball)</li><li>* Players stand opposite each other in between 2 cones which are about 5/8 yards apart.</li><li>* One player leads and attempts to beat their opponent to one of the cones</li><li>* The player who touches the cone first with their ball wins a point</li><li>* Players can not cross over the line in between the 2 cones</li></ul>	<ul style="list-style-type: none"><li>* Keep the ball moving</li><li>* Bend your knees and lower your center of gravity</li><li>* Drop your shoulders</li><li>* Quick acceleration</li></ul>
<b>MATCH RELATED ACTIVITY</b>		<ul style="list-style-type: none"><li>* Place some 3 x 3 yard squares in the grid</li><li>* Select 1 or 2 players to be the taggers</li><li>* Every other player has a ball and dribbles around the area</li><li>* If a player is one of the squares they can not be tagged</li><li>* Only one player is allowed in the safe zones</li><li>* If another player enters the zone, the other player must leave</li><li>* If a player is tagged the switch roles with the tagger.</li></ul>	<ul style="list-style-type: none"><li>* Acceleration away from the defender</li><li>* Field awareness</li></ul>
<b>MATCH CONDITION ACTIVITY</b>		<ul style="list-style-type: none"><li>* 5 V 5 including GK's</li><li>* Normal Soccer Rules</li><li>* Let the players play, but encourage players to take players on when in 1 v 1 situations.</li></ul>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"><li>○ = Ball</li><li>~ = Dribble</li><li>▲ = Marker Disc</li><li>😊 = Players</li><li>→ = Run</li><li>□ = Goal</li><li>■ = Safety Zone</li></ul>
<b>COOL DOWN</b>	Players lightly jog and skip around the area. Stretch		

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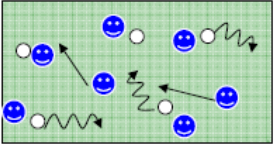
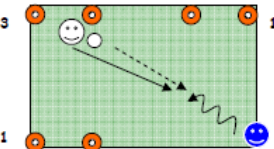
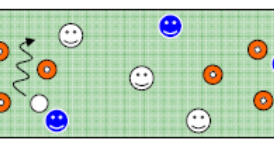
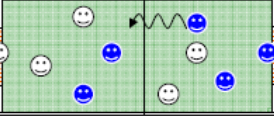


# **Kentucky Youth Soccer Association** **Coach Education Lesson Plan**



Topic = Fun Dribbling Activities

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two players start in the area without a ball</li> <li>* Everyone else has a ball and is dribbling around</li> <li>* The players that don't have a ball must try to win a ball from a dribbler</li> <li>* If they win a ball, the person that lost the ball must then go and retrieve a ball from another person.</li> <li>* If the dribbler goes out of the area with the ball due to pressure from the defender they switch roles</li> </ul>	<ul style="list-style-type: none"> <li>* Keep the ball moving</li> <li>* Be positive in facing the defender up</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Players work in 1 v 1's in a 12 yard x 12 yard area</li> <li>* Three goals are set up in three corners of the grid</li> <li>* Defender stands in one corner and the attacker stands opposite</li> <li>* Defender plays the ball to the attacking play</li> <li>* The attacking player can score one point by dribbling in a side goal or 3 points for beating and going past the defender</li> <li>* Switch roles after each turn</li> </ul>	<ul style="list-style-type: none"> <li>* Positive First Touch</li> <li>* Attacker the defender to the side</li> <li>* Bend knees</li> <li>* Disguise your movement</li> <li>* Accelerate to the side and behind</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Set up group in to two equal teams</li> <li>* Place two or three triangular goals around the grid</li> <li>* Teams score goals by dribbling successfully through the triangle without losing possession</li> <li>* Teams can pass the ball through the triangle but it does not count as a goal</li> <li>* Once the team has dribbled through one triangle they must attempt to move through a different one before returning to the triangle they just dribbled through.</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape, space and awareness</li> <li>* Acceleration into space</li> <li>* Don't force the play</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Let the players play, but encourage players to take players on when in 1 v 1 situations.</li> </ul>	<b>KEY TO DIAGRAMS</b> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>~ = Dribble</li> <li>● = Marker Disc</li> <li>😊 = Players</li> <li>→ = Run</li> <li>--- = Pass</li> <li>⬮ = Goal</li> </ul>
<b>COOL DOWN</b>	Players lightly jog and skip around the area. Stretch	

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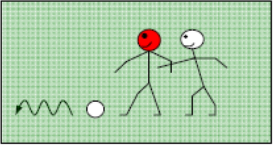
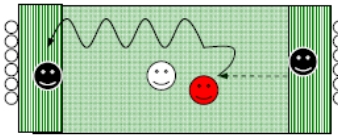
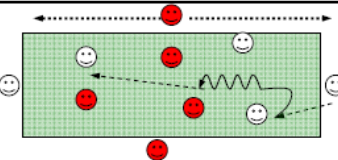




# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dribbling for Possession

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Place two players in a grid, one attacker starts with a ball</li> <li>* The players with the ball try's to keep the ball away from the defender</li> <li>* If the attacker player dribbles out of the grid or the defender wins possession the switch roles</li> <li>* Play for 60 seconds</li> <li>* Add dynamic stretching</li> </ul>	<ul style="list-style-type: none"> <li>* Keep the ball moving</li> <li>* Keep the ball at a distance from the defender</li> <li>* Encourage attacking player to be positive and face the defender.</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Players work in groups of 4. Two servers, one defender and an attacker</li> <li>* The attacker receives the ball from a server and attempts to turn and dribble into the other zone.</li> <li>* If they are successful they restart and the second server now plays a ball in.</li> <li>* If the defender wins it they become the attacking player and dribble into the zone from where the ball was played</li> <li>* The servers can not receive a pass back</li> </ul>	<ul style="list-style-type: none"> <li>* Quality of the service from the server</li> <li>* Keep the ball on the back foot away from the defender</li> <li>* Use the upper body to help shield the ball</li> <li>* Keep the ball close and moving</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Place the group into two equal teams</li> <li>* Teams go from one end of the grid to the other</li> <li>* The target players pass the ball in and they must pass the ball as a team/individually until they can reach the team-mate on the other-side</li> <li>* The player with the ball must do a take-over with the target player, whom the ball back into the playing area</li> <li>* Teams score a point each time they successfully go from one side of the grid to the other</li> </ul>	<ul style="list-style-type: none"> <li>* Engage the defender</li> <li>* Encourage targets players to move up and down the sidelines</li> <li>* Recognize when to possess and when to penetrate</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Regular soccer rules</li> </ul>	<b>KEY TO DIAGRAMS</b> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>● = Players</li> <li>-----&gt; = Pass</li> <li>~~~~~ = Dribble</li> <li>◀----- = Run with ball</li> <li>      = End Zones</li> <li>      = Goal</li> </ul>
<b>COOL DOWN</b> 	Players slowly dribble around with a ball. Stretch	

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# **Kentucky Youth Soccer Association** **Coach Education Lesson Plan**



Topic: dribbling with Speed

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Place several two yard gates around the playing area</li> <li>* Give players 30 seconds to see how many different gates they dribble through</li> <li>* Progress to dribbling through, turning and dribbling back through the gate</li> <li>* Shorten the distance of the gates</li> <li>* A coach can go and stand in a gate which prevents a player from dribbling through. Coach changes gate every 5 seconds</li> </ul>	<ul style="list-style-type: none"> <li>* Positive touch out of the body</li> <li>* Head up scanning the field</li> <li>* Exploring using all different parts of the foot.</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Divide a 30 x 20 grid into three sections</li> <li>* Two teams of 4 players</li> <li>* 2v2 in the middle section and one player in each end section with a ball each</li> <li>* Players in the middle section have to make at least one pass before dribbling into an end zone.</li> <li>* When the player enters the end zone his/her teammate dribble out and into the middle zone</li> <li>* They must then attempt to dribble into the other end zone to release the player</li> </ul>	<ul style="list-style-type: none"> <li>* Positive touch into space (explode into it)</li> <li>* Supporting player opens up the running lanes</li> <li>* Place body in between the ball and the defender</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* 3v3 to target players</li> <li>* Grid size : 40 x 25 yard</li> <li>* Place a target player from each team at the end of the grid</li> <li>* Teams attempt to play the ball to a target player, as the player plays the ball to the target player they then switch roles.</li> <li>* The ball can either be played in as a pass or upon communication (Verbal or Eye Contact) the two players can do a take over as in the diagram</li> <li>* Ball can be played back to the target player</li> </ul>	<ul style="list-style-type: none"> <li>* Use the instep to push forward into the dribble</li> <li>* First touch to take you in the direction you want to go</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* 6v6 game</li> <li>* Teams play in a 1-2-1-2 formation</li> <li>* Free play, cover breakdowns on when players recognize when and where to dribble</li> </ul>	<p>  = Players       = Cone/Disc   = Dribble       = Pass   = Movement       = Ball   = Goal </p>



**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Creating Opportunities to take players on

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two players, place one ball on a cone and the defender starts with the other ball</li> <li>* The defender passes the ball through the attacking players legs, who turns and attempts to get to the ball first</li> <li>* The attacking player then attempts to turn and face the defender, if Def wins then they become the attacker</li> <li>* The attacking player can score by beating the defender and knocking the ball off the cone</li> <li>* Switch roles after a point has been scored</li> </ul>	<ul style="list-style-type: none"> <li>* Get to the ball first</li> <li>* Attempt to turn and face the defender</li> <li>* Keep the ball moving</li> <li>* Positive fakes</li> <li>* Exploit the space to the side and behind the defender</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 3 v 2 with role on/off players</li> <li>* Each team has two goals to attack</li> <li>* If the attacking team scores one player drops off and a player from the opposing team steps on to create a 3v2 attacking situation</li> <li>* If the team with 2 wins the ball and scores they remain on defense</li> <li>* If the attacking team score in a 1v1 situation it equals 2</li> <li>* Coach keeps feeding in the balls to keep the game flowing</li> </ul>	<ul style="list-style-type: none"> <li>* Patience as a team</li> <li>* Positive first touch to move forward when opportunities allow</li> <li>* Exploit defenders to take them on 1 v1</li> <li>* Safety/ Risk Factor</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 4 v 4 target players</li> <li>* Therefore when team is in possession it is 5 v 4</li> <li>* Two goals are placed on each end line</li> <li>* Players can score through the goals without using the target player</li> <li>* If they use the target player to create a 1v1 situation or a goal and the team score it is worth two points</li> </ul>	<ul style="list-style-type: none"> <li>* You may divide the field in half and put a touch restriction in the defensive half and encourage them in the attacking half to dribble at their defensive player</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 7 v 7 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players dribble around and static stretch	

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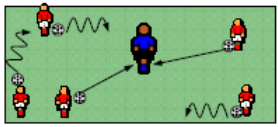










**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



Topic = U6 Dribbling & Passing

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* All the players have a ball and dribble around in the grid</li> <li>* The coach moves around in the grid</li> <li>* The players attempt to pass the ball and hit the coach</li> <li>* Each time the hit the coach below the knee they score a point</li> <li>* First player to score 5 points win</li> </ul>	<ul style="list-style-type: none"> <li>* Keep the ball close</li> <li>* Looking up as dribbling around, to find the coach</li> <li>* Hit through the middle of the ball to keep it on the ground.</li> </ul> <p><b>Guided Discovery Question?</b></p> <ul style="list-style-type: none"> <li>* Is it easier or harder to hit the coach if you are close or from a distance?</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* All players have a ball and the coach starts in the middle of the grid</li> <li>* The players attempt to dribble from one side to the other</li> <li>* If the coach wins the ball or the player dribbles off the side of the grid, the player goes to the middle</li> <li>* Players can freeze the coach by attempting a dribbling move.</li> <li>* Coach must start fairly passive and allow the kids a few attempts to succeed.</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage the players to keep the ball close</li> <li>* Look for the space and accelerate into it</li> <li>* Encourage the player to attempt a move</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* As a progression from the previous activity, a channel is placed in the middle of the grid.</li> <li>* The winning player from the first game starts in this channel and the coaches now stand on the outside.</li> <li>* Players attempt to dribble down the middle of the channel for 2 points</li> <li>* Players can also pass to the coach and receive the ball on the other side.</li> <li>* The defensive player must stay in the channel, if they win a ball the player that loses it must join them.</li> </ul>	<p><b>Guided Discovery Question?</b></p> <ul style="list-style-type: none"> <li>* How do you know if you should pass or dribble?</li> </ul> <p>Don't over correct the technique of passing these activities are to introduce the concept.</p>
<b>MATCH</b>	<ul style="list-style-type: none"> <li>* 4 V 4 or 3 v 3 no GK's</li> <li>* Normal soccer rules</li> <li>* Little to <u>NO</u> coaching</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div>  = Players   = Coaches   = Pass   = Goal   = Movement without the ball </div> <div>  = Ball   = Dribble   = Cone </div> </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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## Kentucky Youth Soccer Association Coach Education Lesson Plan

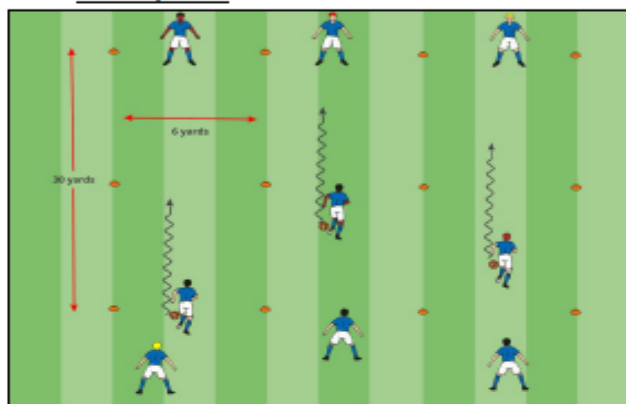


Topic : Running with the Ball

Coach : Adrian Parrish

**Training Objectives:** Help improve the technical ability of young players to run with the ball into open space. Specifically focusing on the technique of moving the ball with speed when the opposition provides the area for the players to maneuver in to. Activities are set up to work with 8 year old players and younger, however they can be used for older aged players if they are struggling with the mechanics of running with the ball.

### Warm-Up Part 1

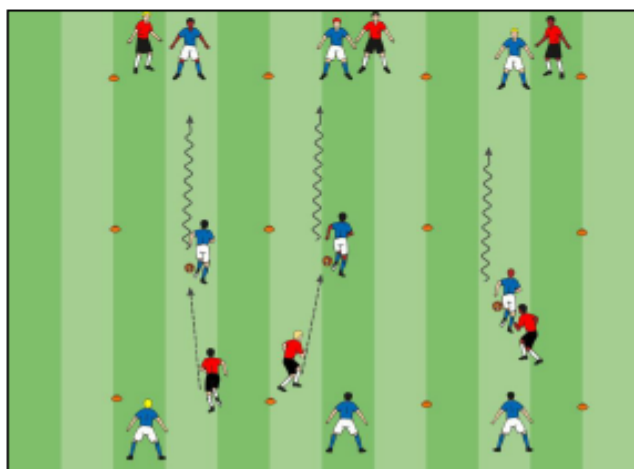


#### Organization

Place the players in groups of 3 or 4. One ball per group. Set the grids up with 30 x 6 yard channels. Players run with the ball at their feet from inside of the channel to the other where they pass the ball of to their team mate. The activity continues with the receiving player run back with the ball. To challenge the player's coaches can time the players and make it a race between the teams or narrow the channels.

#### Coaching Points

- \* Have a positive first touch, pushing the ball out of the body using the inside of the ball.
- \* Players keep eyes looking forward and take a glance down at the ball when they touch it.
- \* Ball needs to still be within touching distance even when the player is running at full speed
- \* Players keep a natural running motion but touch the ball with the top of the instep



#### Organization

Add two players to each group. The player running with the ball is now being chased by a defender. The defender starts on one knee and as soon as the attacking player has touched the ball out of their feet they may chase them down.

#### Coaching Points

- \* Have a positive first touch, pushing the ball out of the body using the inside of the ball.
- \* Players keep eyes looking forward and take a glance down at the ball when they touch it. Do not look back behind to see where the defender is.
- \* Keep body in between the defender and the ball, so the defender either has to go around or foul the player with the ball.



# FITNESS



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Technical Fitness Session I

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Set up gates that are 3 yards wide and five yards apart.</li> <li>* Servers will be standing with a ball by a cone set up 15 yards away from the gates.</li> <li>* Players run through the gates and play a 1-touch pass back to the server who has played a ball on the ground.</li> <li>* The player must then turn, run back through the gate and go to the next gate and repeat the technical movement.</li> <li>* When a player reaches the last gate they must sprint back to the first gate and start again, for a set time.</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage sharp movements through the gates</li> <li>* Good serves from the server</li> <li>* Good sprint when they get to the last gate back to the start</li> <li>* Focus on quality Technique</li> </ul> <p>Variations: side volleys, 2 touches, headers, chest/thigh reception, different cone distances</p>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> <li>* Set up cones in a zigzag shape diagonally 10 yards apart.</li> <li>* Have a player with a ball at each cone. The rest of the players should be in line at the starting cone.</li> <li>* Each moves in a zigzag motion to each cone and plays a one-time pass back to the server.</li> <li>* The players change direction quickly after passing the ball back.</li> <li>* When a player gets to the last cone they must sprint back to the start and begin the activity again.</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage sharp movements through the gates</li> <li>* Good serves from the server</li> <li>* Good sprint when they get to the last gate back to the start</li> <li>* Focus on quality Technique</li> </ul> <p>Variations: side volleys, 2 touches, headers, chest/thigh reception, different cone distances</p>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> <li>* In Grid A teams play 4v4 and score by passing a ball through a gate to a team-mate.</li> <li>* If the ball goes out of the grid the coach plays a new ball in.</li> <li>* The player that gets the ball first has possession.</li> <li>* Teams Play for 3 minutes.</li> <li>* In Grid B players dribble with a ball.</li> <li>* After 3 minutes which ever team won stays in Grid A and the team from Grid B switches with the losing team.</li> <li>* If it is a tie, which scored the last goal wins.</li> </ul>	<ul style="list-style-type: none"> <li>* Progress so that teams can either dribble or pass through the gates to score.</li> </ul>
MATCH CONDITION ACTIVITY	<ul style="list-style-type: none"> <li>* 6 V 6 including goalkeepers</li> <li>* Players must be past mid-field for a goal to be scored.</li> </ul>	<p><b>KEY TO DIAGRAM</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>● = Players</li> <li>→ = Run</li> <li>→ = Coach</li> <li>→ = One/Two Pass</li> <li>▲ = Cone</li> <li>■ = Goal</li> </ul>
COOL DOWN	Players throw, roll and catch the ball in pairs. Stretch	

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## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic : Speed & Agility Training With the Ball

Coach : Adrian Parrish

Training Objectives: To help players improve their speed related to positions they play in the game.

### Warm Up



Duration: 10 Mins  
Repetitions: 15-20

Activity Intensity: Low thru High  
Recovery Time: 1 minute

#### Organization

- \* Players in groups of 3, with a ball, 6 Training poles & 2 cones
- \* Two players stand two yards apart passing the ball back & forth
- \* One the coaches command the player side steps over the poles and jogs out to the cone which is placed approximately 8 yards away.
- \* Build from jogging out at 50% to 75% thru to 100%
- \* As soon as the player has left the next one steps in
- \* Progress to having the server call out which side the player goes to.
- \* Progress to having a ball at the end of the ball that the players takes on the run

#### Coaching Points

- \* Pace on the pass, don't let the ball stop. Play 1 touch
- \* Keep the feet moving quick over the poles
- \* [Click Here](#) to view the activity



Duration: 10 Mins  
Repetitions: 10-15

Activity Intensity: Low thru High  
Recovery Time: 90 seconds

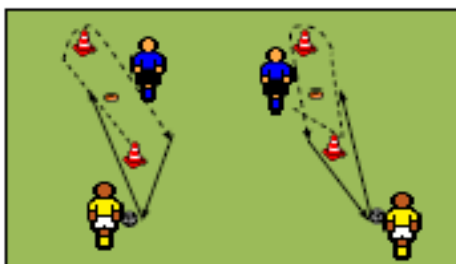
#### Organization

- \* Players before fast feet, shuffle or side steps over 3 or 4 discs
- \* Four hurdles are placed in a square
- \* Players have to bunny hop over all four hurdles
- \* As the player jumps over the last hurdle a ball is passed into the player for them to receive it and dribble through the gate.
- \* Rotate sides. Server switches as the player with the ball comes back.

#### Coaching Points

- \* Lean into the pass and explode through the gates
- \* Keep knees bent
- \* [Click Here](#) to view the activity

### Defenders



Duration: 10 Mins  
Repetitions: 5-7

Activity Intensity: Medium -High  
Recovery Time: 90 seconds

#### Organization

- \* Players are placed in pairs, with one ball, two larger cones and a disc
- \* Cones are placed 10-15 yards apart
- \* Defender checks to the first cone, when the ball carrier passes the ball the defender explodes to retrieve the ball and take it around the cone to pass back.
- \* Complete 5-7 reps before switching roles

#### Coaching Points

- \* Keep center of gravity of low and be light on your feet
- \* Bend the explosive run
- \* [Click here](#) to view the activity



# **Kentucky Youth Soccer Association** **Coach Education Lesson Plan**



**Topic: Fitness- Support Play**

**Coach: Adrian Parrish**

FUNDAMENTAL- WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of three working on the outside of a 30x10 yd grid</li> <li>* If A passes to B, Player C must move to the empty cone to support B</li> <li>* If B passes back to A, Player C must move back</li> <li>* If B opts to play to player C, then player A must move to support the Player C</li> <li>* The player with the ball must have two options every time they receive it.</li> </ul>	<ul style="list-style-type: none"> <li>* Read the cues of the player receiving the pass</li> <li>* Weight of pass</li> <li>* Open body up if changing direction</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Play 3v1 in an area with two cones on the side 5 yards away.</li> <li>* The three attacking players win a point each for 5 consecutive passes (players keep individual score)</li> <li>* If the defender intercepts the ball, they drop their bib and join the attacking team</li> <li>* The player that lost possession must pick up the bib and sprint around one of the cones and re-enter the grid as the defender.</li> </ul>	<ul style="list-style-type: none"> <li>* Keep the feet moving</li> <li>* Open body up to face the whole field</li> <li>* Read the receiving players cues</li> <li>* Communication</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Play 4v4 with a sweeper-keeper</li> <li>* Every time a player passes the ball to a team-mate, they must sprint around a cone on the outside before they can rejoin the play.</li> </ul>	<ul style="list-style-type: none"> <li>* Players need to think ahead, and move to support before the receiving player has received the ball.</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Players from the attacking team must be past mid-field for a goal to be scored. If they are not the goal does not count</li> <li>* All of the defensive team must be back as well otherwise the goal counts double</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <p>○ = (ball)</p> <p>● = Players</p> <p>→ = Pass</p> <p>--- = Run w/o ball</p> <p>▲ = Cone/Disk</p> <p>■ = Goal</p>
<b>COOL DOWN</b>	Players throw, roll and catch the ball in pairs. Stretch	

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**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



**Topic = Technical Fitness Running with the Ball**

**Coach = Adrian Parrish**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Set two cones 15 yards apart</li> <li>* Both Players have a ball and run around the two cones</li> <li>* The aim is to try and catch up with your partner in the 45 seconds allocated</li> <li>* Players go through the activity 3 times, in between each run the players walk between the cones for 2 minutes</li> <li>* <b>Progression:</b> On the coaches command the players turn direction</li> </ul>	<ul style="list-style-type: none"> <li>* Clear the ball out of your feet in between the cones</li> <li>* Push the ball forward using the laces of your feet</li> <li>* Keep tight to the cone</li> <li>* Bend the knees and lower body as you go around the cones</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Set up a 20 yard long channel with two gates at each end</li> <li>* One player starts running with the ball down the grid</li> <li>* Player 2 overlaps the runner to the other gate</li> <li>* The waiting player, plays a one-two with the overlapping player and runs to the other end</li> <li>* The overlapping runner continues to make supporting run</li> </ul>	<ul style="list-style-type: none"> <li>* Lead the player into their next pass</li> <li>* Overlapping player needs to lead the runner into their path</li> <li>* A positive first touch</li> <li>* After laying the ball off for the next player, move outside to create the space for the one-two</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Play 5 v5 with two 5 yard wide channels</li> <li>* Teams keep possession and attempt to set a player free in one of the channels</li> <li>* An opponent can enter the channel but only after he/she has taken a knee</li> <li>* Only one player from each team is allowed in the channel at any time</li> </ul>	<ul style="list-style-type: none"> <li>* Possess the ball until you can set a player free</li> <li>* Attack with speed</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Players must be past mid-field for a goal to be scored.</li> </ul>	<p><b>KEY TO DIAGRAM</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>● = Players</li> <li>→ = Pass</li> <li>-----&gt; = Run w/o ball</li> <li>-----&gt; = Run with ball</li> <li>▲ = Cone/Disk</li> <li>■ = Goal</li> </ul>
<b>COOL DOWN</b>	Players throw, roll and catch the ball in pairs. Stretch	

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**Kentucky Youth Soccer Association  
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**Topic: Technical Fitness II**

**Coach: Adrian French**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* All players except one dribble around in the area</li> <li>* On the coaches command of change players put their foot on their ball and try to find another one</li> <li>* The player who does not have a ball when they have all started dribbling again must go to the coach and conduct 20 ball manipulation skills</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage sharp movement when dribbling</li> <li>* Be to the ball first</li> <li>* Accelerate when the player gets a new ball</li> <li>* Focus on quality technique</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Divide the group into two teams of 5</li> <li>* Put five balls into the area</li> <li>* Play team keep away for 90 seconds</li> <li>* At the end of the 90 seconds the winning team is the team that has the most balls in their possession</li> </ul>	<ul style="list-style-type: none"> <li>* Protect the ball if you have possession</li> <li>* Can you double up defensively to win the ball</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Play 3v3 with a three goals in the middle of the field</li> <li>* A team is on deck waiting to play</li> <li>* Teams play for 90 seconds</li> <li>* Teams score by passing a ball through a goal to a teammate</li> <li>* The team that wins have the option of staying on or taking a rest</li> </ul>	<ul style="list-style-type: none"> <li>* Make sure players hydrate while they are on deck</li> <li>* Keep a supply of balls next to you at the coach to keep the game flowing quickly</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Players from the attacking team must be past mid-field for a goal to be scored. If they are not the goal does not count</li> <li>* All of the defensive team must be back as well otherwise the goal counts double</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <p>○ = Ball   = Players   = Run w/o ball   = Disk   = Coach   = Goal   = Pass</p>
<b>COOL DOWN</b>	Players throw, roll and catch the ball in pairs. Stretch	

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# GOALKEEPING



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Goalkeeping Distribution

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of 4 and one ball</li> <li>* 3 players start by passing the balls short and then hit a long pass to a far player</li> <li>* Two of the players then join the other player</li> <li>* Vary the distribution and passing between the small group from rolling and passing</li> <li>* Vary the long distribution from, kicking, throwing and punting</li> </ul>	<ul style="list-style-type: none"> <li>* Make your decision early on which type of distribution you will use</li> <li>* Make eye contact with the receiving player</li> <li>* Follow through</li> </ul>
MATCH RELATED ACTIVITY		<p><b>Roll Pass</b></p> <ul style="list-style-type: none"> <li>* Front foot pointing towards receiving player</li> <li>* Bend the knees</li> <li>* Keep the ball on the ground</li> </ul> <p><b>Sling Throw</b></p> <ul style="list-style-type: none"> <li>* Front foot pointing towards receiving player</li> <li>* Bring a straight arm over the head</li> <li>* Follow through</li> </ul>
MATCH RELATED ACTIVITY		<ul style="list-style-type: none"> <li>* Look forward first when in keeper has possession</li> <li>* Decision making of which source of distribution is used</li> <li>* Team shape - wide and long</li> <li>* Playing to feet or space</li> </ul>
MATCH		<ul style="list-style-type: none"> <li>* 6 V 6 including GK's or whatever numbers work out for group</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>
COOL DOWN	<p>Players pass and move in pairs. Stretch</p>	

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**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Goalkeeping Dealing with 1 v 1 Situations

Coach = Chris Hershey, NYSWYSA Goalkeeper Coach

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two players per ball</li> <li>* Distance depends on save</li> <li>* Play across to touch or save</li> <li>* Alternate each service</li> </ul>	<ul style="list-style-type: none"> <li>* Explode to steal ground.</li> <li>* Read cue to stalk, low, compact, under control, small steps.</li> <li>* Explode to save, hands from low position, forward to ball first.</li> <li>* Call KEEPER each save</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 players in middle moving randomly</li> <li>* Server plays to checking runner.</li> <li>* Server plays the ball to feet or to space</li> <li>* GK comes out to create a 1 v1 situation</li> <li>* If GK wins they play back to Coach</li> <li>* Runner becomes GK on deck</li> <li>* GK goes to the middle</li> </ul>	<ul style="list-style-type: none"> <li>* Cues to steal ground: pace, distance first touch. Cheat when possible.</li> <li>* Stalking: small steps, moving forward, low hands out front.</li> <li>* Cue to attack ball, save as far from goal as possible.</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 3 v3 with one neutral player in the middle zone</li> <li>* Teams break out to end zones and create a 2 v1</li> <li>* If Goalkeeper wins the ball, they look to play to Def. or back into the middle zone</li> <li>* If ball goes out of bounds, coach restarts the play back in the middle zone</li> </ul>	<ul style="list-style-type: none"> <li>* Patience to read and time play.</li> <li>* Visual cues to attack or hold.</li> <li>* Communication with defenders</li> <li>* Starting position not too aggressive, no chips, avoid getting caught in middle.</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 v 6 game with no restrictions</li> </ul>	<b>KEY TO DIAGRAMS</b> <ul style="list-style-type: none"> <li>● = Goalkeeper</li> <li>● = Outfield Players</li> <li>□ = Goal</li> <li>▲ = Cone</li> <li>~ = Dribble</li> <li>-----&gt; = Pass</li> <li>→ = Movement</li> <li>○ = Ball</li> </ul>
<b>COOL DOWN</b>	Players throw and catch the ball in pairs. Stretch	



# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dealing with the Back Pass

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of 4, 2 keepers and 2 field players</li> <li>* Have a line of cones splitting a 40/60 yard long grid</li> <li>* Two outfield players stand near the line of cones</li> <li>* One servers the ball to the keeper on their side, whom plays the ball over the top to the keeper on the other side</li> <li>* The receiving keeper plays the ball to their outfield player who passes it back so they can return the ball.</li> <li>* Process continues</li> </ul>	<ul style="list-style-type: none"> <li>* Server plays the ball back at an angle and to both sides</li> <li>* Server plays the ball back with pace</li> <li>* GK comes to meet the ball</li> <li>* Plant non-kicking foot next to the ball</li> <li>* Strike underneath the ball</li> <li>* Follow throw the kick locking your shoulders as you look for placement and not just power</li> </ul>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> <li>* 1 GK, 1 Defender, 1 Striker and a Target player</li> <li>* The target player plays on the defensive team</li> <li>* The balls in played in by the target player to create a 1 v 1</li> <li>* The defender and striker compete for it</li> <li>* If the striker wins it they can score on the goal</li> <li>* If the defender wins it they can either turn and play back to the target player or pass it back to the keeper for them to play to the target player.</li> <li>* The defensive team win a point each time they play the target. No point is scored if it is just cleared.</li> </ul>	<ul style="list-style-type: none"> <li>* Effective instructions for the goal-keeper</li> <li>* Reading the strikers positioning</li> <li>* If defender is first offering angles out of the goal</li> <li>* Pace of the back pass</li> <li>* Plant non-kicking foot next to the ball</li> <li>* Strike underneath the ball</li> <li>* Follow throw the kick locking your shoulders as you look for placement and not just power</li> </ul>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> <li>* 5 v 5</li> <li>* Players have to play the way they are facing, they can open up body before receiving the pass but if they are facing their own goal when in possession it has to be played back</li> <li>* Encourage the strikers to shut anything down that is played back</li> <li>* The offside rule does not apply</li> <li>* Coaching position needs to be in and around the keepers area</li> </ul>	<ul style="list-style-type: none"> <li>* Reading the pressure applied by the striker</li> <li>* Safety first</li> </ul>
MATCH	<ul style="list-style-type: none"> <li>* 6 V 6 including GK's or whatever numbers work out for group</li> <li>* Normal soccer rules</li> <li>* Little to <u>NO</u> coaching</li> </ul>	
COOL DOWN	Players pass and move in pairs. Stretch	

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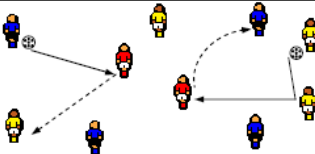
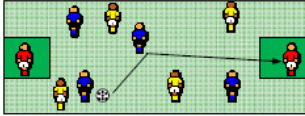










**Kentucky Youth Soccer Association  
Coach Education Lesson Plan**



Topic = Coaching a Keeper within the Game

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two teams of four players with a ball per team</li> <li>* Use 2 or 4 Goalkeepers, depending on the size of your group</li> <li>* Teams pass and move the ball around, when the keeper makes eye contact with a player, that player passes it into the keeper's arms.</li> <li>* The keeper then distributes it to a player from the other team.</li> <li>* Progress to players trying to hit it past the keeper</li> </ul>	<ul style="list-style-type: none"> <li>* Attacking the ball (Step Forward)</li> <li>* Feet set as the player strikes the ball</li> <li>* Get body in line with the ball</li> <li>* Watch the ball until it is cushioned into the hands</li> <li>* Bring the ball into the chest</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Two teams of four outfield players and 1 keeper</li> <li>* Keepers are placed in a 5 yard by 5 yard grid at the end of the main grid</li> <li>* Teams score by playing to the opposing keepers hand whom has to be in their grid when receiving it.</li> <li>* The keeper then distributes the ball to their own team.</li> <li>* Keepers cannot play directly to each other</li> <li>* Keepers can leave their grid when their team is in possession</li> </ul>	<ul style="list-style-type: none"> <li>* Staying connected with the team</li> <li>* Organization</li> <li>* Reading the game</li> <li>* Distribution (Technical Points)               <ul style="list-style-type: none"> <li>&gt; Throwing</li> <li>&gt; Rolling</li> <li>&gt; Kicking/ Pass Backs</li> </ul> </li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 5 v 5 with two neutrals</li> <li>* Normal soccer rules</li> <li>* If a neutral player scores a goal it counts for double</li> </ul>	<ul style="list-style-type: none"> <li>* All of the above</li> <li>* Keep covering the following issues               <ul style="list-style-type: none"> <li>&gt; Shot Stopping</li> <li>&gt; Stay Connected</li> <li>&gt; Distribution</li> </ul> </li> </ul>
<b>MATCH</b> 	<ul style="list-style-type: none"> <li>* 6 V 6</li> <li>* Normal Soccer Rules</li> <li>* Little to <b>NO</b> coaching, but position yourself where you can still work with the goalkeeper</li> </ul>	<div>  = Goalkeepers                = Players             </div> <div>  = Pass             </div> <div>  = Throw/GK Distribution             </div> <div>  = Goal             </div> <div>  = Ball             </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Clearing Crosses - Punching

Coach = Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Goalkeepers with a ball each</li> <li>* Keep the ball in the air by punching it up (one handed)</li> </ul> <p><u>Progression</u></p> <ul style="list-style-type: none"> <li>* One ball per group and they keep the ball up between the group (Using two hands)</li> <li>* After each time they punch the ball up, they must fall down and get back up before they can punch the ball again</li> </ul>	<ul style="list-style-type: none"> <li>* Thumbs tucked below the surface of the fist</li> <li>* Keep elbows relatively close to the body</li> <li>* Hit through the bottom centre of the ball</li> <li>* Obtain Height</li> <li>* As the exercise progresses, accuracy is needed to find an upright target.</li> </ul>
<p><u>MATCH RELATED ACTIVITY</u></p>	<ul style="list-style-type: none"> <li>* Set up inside the 18 yard box</li> <li>* Server throws and under arm ball for the Keeper to punch clear back to the server (Two Fisted)</li> <li>* Server now throws the ball back in for the keeper to back peddle and punch clear to the other keeper standing on the opposite side of the box (One fisted)</li> <li>* Rotate players through every 3 or 4 attempts</li> </ul>	<ul style="list-style-type: none"> <li>* Punch in direction of momentum</li> <li>* Keep your eyes on the ball</li> <li>* Bring the knee up which is nearest to the field for protection and elevation</li> <li>* Punch for Height, distance, width and accuracy</li> </ul>
<p><u>MATCH RELATED ACTIVITY</u></p>	<ul style="list-style-type: none"> <li>* Serving player starts wide with numerous balls</li> <li>* Serving Player now has two strikers to cross to</li> <li>* Once the Goalkeeper has possession or it is cleared the server starts again</li> <li>* Place a second goal on the opposite side of the box, for the keeper to punch into if the cross is deep</li> </ul> <p><u>Progression</u></p> <ul style="list-style-type: none"> <li>* Add defenders and more attacking players</li> <li>* Vary the cross</li> </ul>	<ul style="list-style-type: none"> <li>* Judge the flight of the cross, not every ball will need to be punched</li> <li>* Shout Goal-keeper</li> <li>* Have body stance at an angle to be able see the crosser and runners</li> </ul>
<p><u>MATCH CONDITION ACTIVITY</u></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Normal Soccer Rules</li> <li>* Stand behind Goalkeepers and focus on the footwork</li> </ul>	<p><u>KEY TO DIAGRAMS</u></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>● = Goal-keeper</li> <li>⊙ = Players</li> <li>---▶ = Run</li> <li>↖↗ = Dribble</li> <li>→ = Punch</li> <li>↔ = Cross/Throw</li> <li>⊞ = Goal</li> </ul>
<p><u>COOL DOWN</u></p>	<p>GK's throw, roll and catch the ball in pairs. Stretch</p>	

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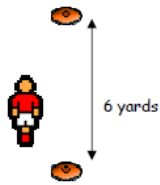
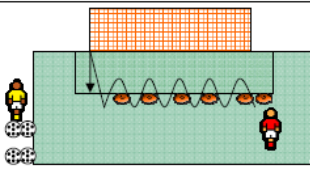
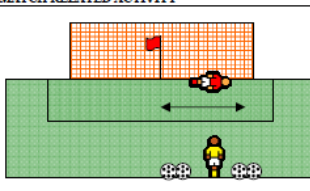


# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Goalkeeping: Improving Agility

Coach= Leah Castleman, Georgetown College, KY, Women's Head Coach

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
 <p>6 yards</p>	<p>Each Goalkeeper works between two cones placed approximately 6 yards apart. Goalkeepers complete each exercise for one minute, rest for 30 seconds; while working, GK holds a ball above their head.</p> <ol style="list-style-type: none"> <li>1. Sprint across, backpedal back</li> <li>2. Shuffle across and back</li> <li>3. Sprint/backpedal figure 8, quick feet around cone 1.5 times</li> <li>4. Shuffle, figure 8 (same as above)</li> <li>5. Sprint/backpedal, at each cone jump side to side over the cone 3 times before changing direction</li> <li>6. Shuffle, jump forward/backward 3 times at each cone</li> </ol>	<ul style="list-style-type: none"> <li>* Quick feet</li> <li>* Weight supported forward balls of feet, not heels</li> <li>* Explosive direction changes, of speed into sprint.</li> <li>* Balance, center of gravity, distribution of weight</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Place 6 to 8 cones on the 6 yard box directly in front of the goal, evenly spaced with the cone closest to the server being even with the post.</li> <li>* Server plays balls from the side of the 6 yard box.</li> <li>* Keepers perform a variety of footwork exercises through the cones toward the server. (In and out, shuffle steps, etc.) When reaching the cone closest to the server, the GK will shuffle over to touch the post and then move back toward the cone to make a save.</li> <li>* Vary ball service. Begin with balls played at a moderate pace on the ground for keepers to move feet and body behind.</li> </ul>	<ul style="list-style-type: none"> <li>* Explosive change of direction</li> <li>* Forward distribution of weight</li> <li>* Get feet and hands behind ball</li> <li>* Quick footwork</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Place a flag in the center of the goal on the goal line.</li> <li>* GK will lay on their side on the goal line with their fingertips at the post and their feet towards the flag.</li> <li>* On the server's command, the goalkeeper will get up to their feet, shuffle to the post and back to the flag, and then make a save back toward the post. Progress to getting up to feet quick without using hands.</li> <li>* Progress service to more challenging balls in the air/floor</li> <li>* Progress from one save per rep to two saves; service should vary from high ball to low ball in different directions among reps.</li> <li>* Keepers can keep track of their number of saves out of 10 reps to make it competitive.</li> </ul>	<ul style="list-style-type: none"> <li>* Quick transition from ground to feet in ready position</li> <li>* Explosive change of direction</li> <li>* Get feet and hands behind ball</li> <li>* Get feet set before save</li> </ul>
<p><b>MATCH</b></p> <p><b>6 v 6 with Goalkeepers</b></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including GK's or whatever numbers work out for group</li> <li>* Keepers earn their team goal if they make 3 saves</li> <li>* Play on a short and narrow field to allow plenty of shots for the keepers</li> </ul>	<p><b>Legend</b></p> <ul style="list-style-type: none"> <li> = Goalkeeper</li> <li> = Server</li> <li> = Flag</li> <li> = Cone</li> <li> = Goal</li> <li> = Ball</li> <li> = Shuffling</li> </ul>

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# PASSING



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Introducing Passing U7-U8

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Select two players to be the taggers</li> <li>Every other player has a soccer ball and dribbles around</li> <li>If the dribbler gets tagged, they pick the ball up, open up their legs and remain still.</li> <li>To be unfrozen another player that has not been tagged must pass their ball through the frozen players legs and collect it on the other side.</li> </ul>	<ul style="list-style-type: none"> <li>Head up while dribbling</li> <li>Keep the ball under close control</li> <li>Weight of pass through the legs</li> </ul> <p><u>Guided Discovery Question</u> Which part of your foot can you use to make a controlled pass?</p>
<b>SMALL SIDED GAME</b> 	<ul style="list-style-type: none"> <li>Players work in pairs, with a ball each</li> <li>One player leads on a dribble, with the other following slightly behind</li> <li>When the player at the back shouts pull, the lead player passes the ball out in front</li> <li>The following player then passes their ball and attempts to hit the lead players ball.</li> <li>Switch roles after three attempts.</li> <li>Players can compete against each other and other pairs</li> </ul>	<ul style="list-style-type: none"> <li>Dribbling with the head up</li> <li>Weight of pass</li> <li>Ankle locked</li> <li>Watch the moving ball, then put head down over the ball as the pass is being executed</li> </ul>
<b>EXPANDED SMALL SIDED GAME</b> 	<ul style="list-style-type: none"> <li>Two teams of four</li> <li>The coach plays in two soccer balls</li> <li>Teams score a point by dribbling the ball over one of the sidelines</li> <li>Teams score a point each time they dribble a ball over but they score two if the received a pass from a team mate and shout out their name as they dribble over.</li> <li>The opponents can stop the other team from dribbling over</li> </ul>	<ul style="list-style-type: none"> <li>Recognition when to dribble and when to pass</li> <li>Field Awareness</li> </ul> <p><u>Guided Discovery Question</u> When can we dribble the ball and when should we look to pass?</p>
<b>GAME</b> 	<ul style="list-style-type: none"> <li>Play 4 v 4 with four goals</li> <li>Let the players play</li> <li>Keep encouraging a diamond shape and passing</li> <li>Let them play</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div>  = Players   = Ball   = Coach   = Cones   = Goal </div> <div>  = Pass   = Dribble </div> </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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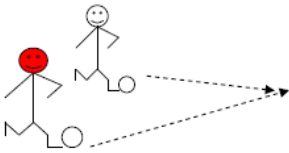
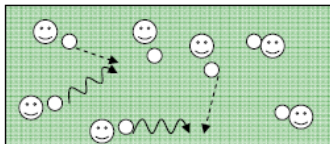
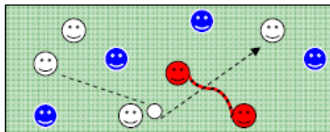
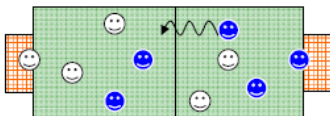


# **Kentucky Youth Soccer Association** **Coach Education Lesson Plan**



Topic = Fun Passing Activities

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players are placed into pairs with a ball each</li> <li>* One player pass their ball out in front of them by about 5 or 10 yards</li> <li>* The 2<sup>nd</sup> player then attempts to pass out their ball and hit the first ball while it is still or moving</li> <li>* If they hit the ball they score a point</li> <li>* If it goes past the target ball, the first player then attempts to hit their ball at his teammates ball</li> <li>* Play continues until a ball has been hit</li> </ul>	<ul style="list-style-type: none"> <li>* Non-Kicking foot next to the ball</li> <li>* Encourage using the instep of the foot</li> <li>* Weight of pass</li> <li>* Players learn to immediately follow their pass after they have played it</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Players have a ball each and dribble around the area</li> <li>* Each player attempts to pass their ball and hit another players ball, while they are moving</li> <li>* If the players hits the ball, they get a point</li> <li>* Play the game for 60-90 seconds to see who scores the most points.</li> </ul>	<ul style="list-style-type: none"> <li>* Dribble with head up</li> <li>* Weight of pass</li> <li>* Passing accuracy</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Divide the group up into two equal teams</li> <li>* Two players (or coaches) then use a colored vest stretched out and walk around the area.</li> <li>* The teams have to try and pass the ball underneath the vest and between the two people carrying it.</li> <li>* A goal can be scored through either side, but it must be passed to a team-mate.</li> <li>* Progress to allow the players carrying the movable goal to also stop it from going through.</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape, space and awareness</li> <li>* Passing accuracy and quality</li> <li>* Don't force the play</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Let the players play, but encourage players to take players on when in 1 v 1 situations.</li> </ul>	<b>KEY TO DIAGRAMS</b> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>~~~~~ = Dribble</li> <li>— = Moveable Goal/ Colored Vest</li> <li>😊 = Players</li> <li>⬆ = Pass</li> <li>⬆ = Goal</li> </ul>
<b>COOL DOWN</b>	Players lightly jog and skip around the area. Stretch	

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# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dynamic First Touch

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players work in pairs, passing the ball through and around a triangle or diamond.</li> <li>* First pass goes through the shape to the team mate</li> <li>* The receiving player takes a touch around a cone to be on another side and then pass back to their team-mate</li> <li>* Players should be encouraged to keep changing direction, depending on the pass that they receive</li> <li>* Encourage using different surfaces of the foot.</li> </ul>	<ul style="list-style-type: none"> <li>* Be on the balls of your feet</li> <li>* Bend your knees</li> <li>* Cushion the pass</li> <li>* Disguise your movement</li> </ul> <p><u>Guided Discovery Question</u> Which different parts of your foot can you use?</p>
<b>MATCH RELATED ACTIVITY</b>		
	<ul style="list-style-type: none"> <li>* Same set up as before but now add a defender in the middle of the grid.</li> <li>* The players on the outside must play two touch minimum but can play more to create space.</li> <li>* They score a point for each time they pass the ball through the grid using two touches without the defender intercepting</li> <li>* The defender must stay in the grid and can come out if he/she intercepts it.</li> </ul>	<ul style="list-style-type: none"> <li>* Pace of pass</li> <li>* Disguise the movement</li> <li>* Know where your going before you receive the ball</li> <li>* Keep the ball moving into space</li> </ul> <p><u>Guided Discovery Question</u> How can you create space for yourself?</p>
<b>MATCH RELATED ACTIVITY</b>		
	<ul style="list-style-type: none"> <li>* 3 v1 in a grid with 2 other defenders waiting on the outside</li> <li>* The three players have to complete 3 or more consecutive passes in one grid before they can dribble through unopposed to the other side.</li> <li>* A defender that is waiting will then step into that grid and the other one drops out.</li> <li>* If the defender wins possession the teams switch roles</li> </ul>	<ul style="list-style-type: none"> <li>* Pass into the leading foot</li> <li>* Body preparation</li> <li>* Support Play</li> <li>* Explode into space</li> </ul> <p><u>Guided Discovery Question</u> If the defender is not putting you under pressure what can you do with the ball?</p>
<b>MATCH</b>	<ul style="list-style-type: none"> <li>* 5 V 5 including GKs or whatever numbers work out for group</li> <li>* Normal Soccer Rules</li> <li>* Little to <u>NO</u> coaching</li> </ul>	<div>  = Players            = Ball         </div> <div>  = Pass            = Cone         </div> <div>  = Movement with the ball            = Movement without the ball         </div> <div>  = Dribble         </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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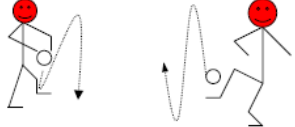
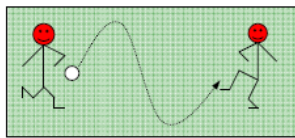
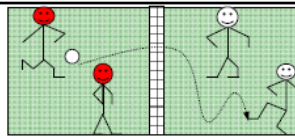



**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Dealing with bouncing balls

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players have a ball each</li> <li>* They bounce the ball once and kick it back up in the air</li> <li>* Keep letting it bounce once and popping it back first time</li> <li>* Progress to having them touch it twice before they pop it back up in the air</li> <li>* Progress to having them bring it under control off the bounce and then throwing it back up</li> </ul>	<ul style="list-style-type: none"> <li>* Eyes on the ball</li> <li>* Bend your knees</li> <li>* Lift the ball with your laces</li> <li>* Use arms for balance</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Players work in pairs</li> <li>* The players pass the ball freely around the area</li> <li>* The ball must be passed in the area</li> <li>* The ball may not bounce more than twice before it is played back</li> <li>* Players count how many passes they can score in 30 seconds.</li> <li>* Progress to one bounce</li> </ul>	<ul style="list-style-type: none"> <li>* Get in the line with the flight of the ball</li> <li>* Balance your body by bending your knees and using your arms</li> <li>* Pick the passing surface</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 2 v2 Soccer Tennis</li> <li>* One team serves the ball over the net</li> <li>* The receiving player is allowed to let it bounce before returning it back over</li> <li>* The receiving player is allowed a maximum of 3 touches</li> <li>* They can pass to their teammate before returning it</li> <li>* The teammate is allowed one bounce before either passing it back or returning it across the net</li> </ul>	<ul style="list-style-type: none"> <li>* Get in line with the flight of the ball</li> <li>* Relax the body to cushion the ball</li> <li>* Supporting angles</li> <li>* Communication</li> </ul> <p>Note: You can use many alternative tools for a tennis net</p>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's</li> <li>* Normal Soccer Rules</li> <li>* But every time the ball goes out of bounds the coach lofts a ball in to the playing area</li> <li>* Teams score double if they bring the ball under control and score from a bouncing ball</li> </ul>	<b>KEY TO DIAGRAMS</b> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>→ = Bouncing Pass</li> <li>⊙ = Player</li> <li>⌌ = Tennis Net</li> <li>⌌ = Goal</li> </ul>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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Kentucky Youth Soccer Association  
Coach Education Lesson Plan



Topic: Combination Play

Coach: Adrian Parrish

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"><li>* Half the group on the outside as wall players</li><li>* Other half in the middle with a soccer ball each</li><li>* Players in the middle execute the following combinations:<ol style="list-style-type: none"><li>1. Give &amp; Go</li><li>2. Wall Pass</li><li>3. Switch</li><li>4. Over-Lap</li></ol></li></ul>	<ul style="list-style-type: none"><li>* Quality of the pass</li><li>* Receivers body shape</li><li>* Communication</li><li>* Visual Clues</li></ul>
<b>RESTRICTED SPACE</b>	<ul style="list-style-type: none"><li>* 2v2 + 1</li><li>* Players play in their own half of the area</li><li>* Try to combine to score</li><li>* One player from the attacking team joins to combine with partners</li></ul>	<ul style="list-style-type: none"><li>* Recognition</li><li>* Timing, angle and distance of support</li><li>* Quality of passing</li><li>* One or two touch play</li></ul>
<b>ONE GOAL WITH COUNTERS</b>	<ul style="list-style-type: none"><li>* 5v3 or 6 v 4 or 7 v 5</li><li>* Play on half a full sized field</li><li>* Attacking team plays to big goal</li><li>* If defensive team wins the ball they play to the counter goals</li></ul>	<ul style="list-style-type: none"><li>* Speed of Play</li><li>* Pro-Active Runs</li><li>* Third Player Runs</li><li>* Support in front of the ball</li><li>* Back to goal play</li><li>* Decision Making</li></ul>
<b>GAME WITH TWO GOALS</b>	<ul style="list-style-type: none"><li>* 5 v 5 plus GK's</li><li>* Unrestricted Game</li></ul>	<p><b>LEGEND</b></p> <ul style="list-style-type: none"><li>   = Players</li><li> = Cone</li><li> = Ball</li><li> = Goal</li><li> = Pass</li><li> = Run with out the ball</li></ul>
<b>COOL DOWN</b>	Players in pairs pass the ball around in an area. Stretch	

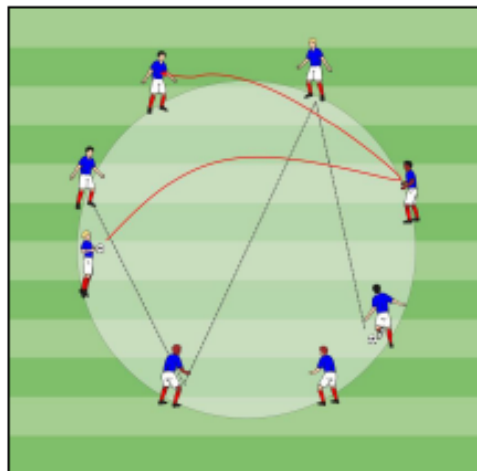


## Kentucky Youth Soccer Association Lesson Plans – Cognitive Passing Activities



Cognitive passing activities are used to help improve a player's problem solving skills while performing multiple tasks or complex passing activities. The passing patterns will improve the individual player's soccer IQ and also see an improvement in teams technical passing skills while to establish a better rhythm in maintaining possession.

### Passing Activities



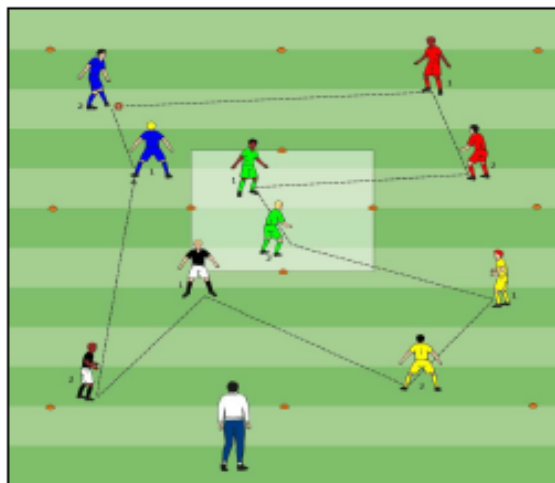
- \* Form a circle with anything from 8 to 14 players
- \* Players pass one soccer ball around on the ground, playing each pass one touch
- \* Another ball is thrown around in the area, players must throw and catch the ball using both hands
- \* There is no passing pattern, but encourage players not to pass or throw directly to the person that is next to them

#### Coaching Points

- \* Balls need to be moved around quickly
- \* Players need to have eyes up and scanning the area
- \* Be ready to receive the ball

#### Progression

- \* Add extra balls for example, 2 throwing, 1 passing or 2 passing, 1 throwing
- \* Add a player in the middle to cut out the passes on the ground



- \* Create five squares with two players in each square
- \* Each square is allocated a different colored vest
- \* The partners in the square number themselves 1 and 2.
- \* Coach provides a color sequence and the players have to pass the ball around in that sequence, with player one always receiving the pass in and player 2 always passing the ball out.

#### Coaching Points

- \* Passes are played one touch
- \* Body needs to be ready to receive and make the pass

#### Progression

- \* Have multiple balls being passed around
- \* Coach can change up the color sequence during the passing pattern.

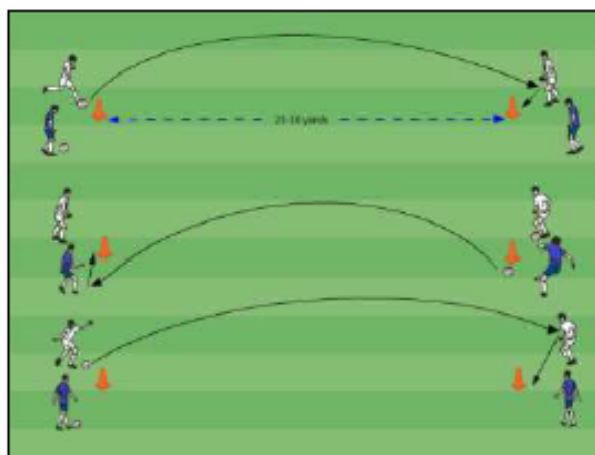


**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**  
**Adrian Parrish: Technical Director**  
**Topic: Aerial Services – Long Passing**



**Training Objectives:**

To primarily help players to improve the technique of passing the ball in the air over a longer distance. Using different methods of driven, lofted and chipped passes into a team-mate to either skip a line or miss out opponents.



Duration: 10 Min

Activity Intensity: Low

Repetitions: 70

Activity Time: 15 secs

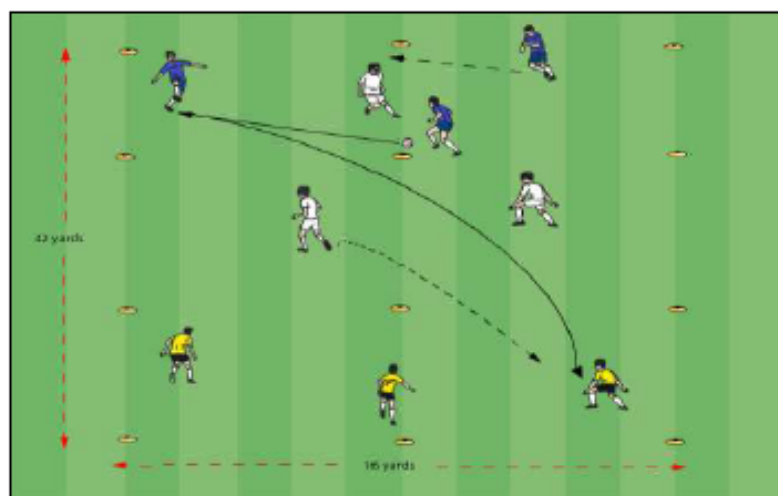
Recovery : 15 secs

**Organization**

Players are in groups of four, two pairs and a ball per pair. Set two cones 25-30 yards apart. First player drives a pass in the air to their team mate on the other side who has one touch to try and get the ball settle next to the cone. The other player then passes the ball, ball closest to the cone wins a point. Repeat.

**Coaching Points**

Angle of approach, place non kicking foot slightly ahead of the ball, strike through the bottom of the ball with the laces, lock the ankle, head and shoulders over the ball, keep your eye on the ball, and straight follow through.



Duration: 15 Min

Activity Intensity: Medium

Repetitions: 5

Activity Time: 2 min

Recovery: 1 min

**Organization**

Three groups of three players in a 42 x 16 yard grid divided into three sections. Teams play a 3v1 in their third and attempt to play a long lofted pass over the middle section. If it is intercepted the middle team get out by dribbling into the area of the team that lost it. If the pass is successful a defender from the middle goes and applies pressure on the other team. Ball cannot be played back first time, a shorter pass has to be made before it can be transferred back.

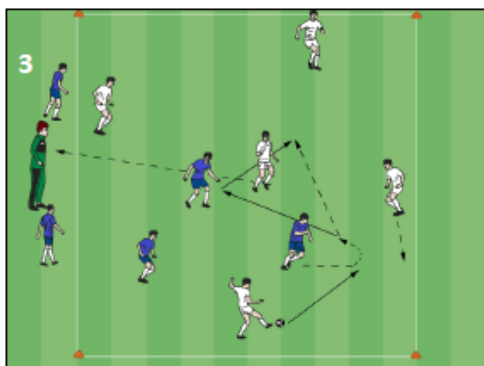
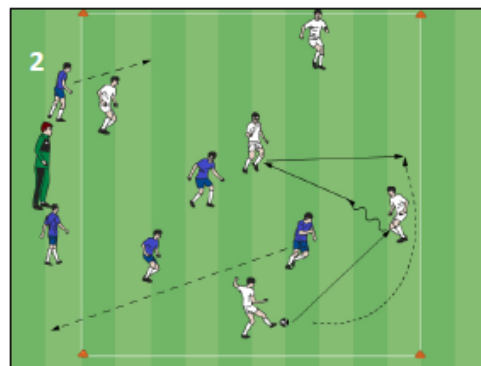
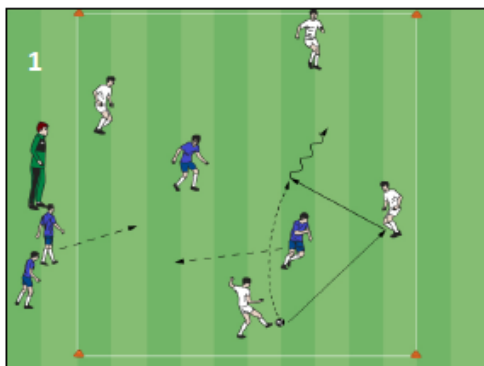
**Coaching Points**

Angle of approach, set up touch out of feet, drive through with laces, weight of the pass (lofted & chipped will need less weight than a driven), lock shoulders and hip on follow through





**Kentucky Youth Soccer Association**  
**Training Activities : Combining in Tight Areas**  
**By : Adrian Parrish**



Objectives of the activities are to help players when, where and how to combine when defenders are applying pressure.  
Area of the grid can vary depending on the age and ability but should be about 15 x 18 yards.

**Activity Version 1:** 4v2, teams of 4 keep possession, if the 2 win the ball they keep possession. Attacking team's attempts to connect with a combination (wall-pass, give & go), if successful the defender/s switches out. If a combination has not occurred after 20 seconds, defenders switch.

**Activity Version 2:** Same concept as previous activity, should just allow for more combinations including over-lapping runs.

**Activity Version 3:** Can be played with 4v2 or 5v3. If the defenders win possession and combine around an opponent that player goes out until possession is won back.

**Activity Version 4 (not pictured):** Play 5v5, every time a wall pass or give and go is successful a player from the opposing team is eliminated and can only come back in when their team completes a successful combination. Team can win if they eliminate all the opposition.

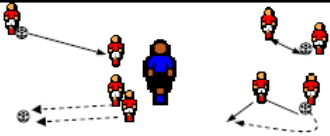










**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = UB Passing Connections

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players work in pairs with one ball</li> <li>* Coach throws the ball out and has the players work together to go and retrieve the ball.</li> <li>* They can run and collect and do a number of passes before dribbling it back.</li> <li>* Run and collect and pass it back to coach in a set number of touches</li> <li>* One player gets it and passes a long ball back.</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage players to pass through the middle of the ball</li> <li>* With shorter passes, encourage the players to use the inside of their foot.</li> <li>* Coach needs to move around to encourage the players to look up.</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Players remain working in pairs with one ball per group</li> <li>* One player passes to their team mate, then runs around one of the cones</li> <li>* They check back into receive ball back from their team mate whom waits in the grid</li> <li>* The player that then remained in the grid passes it to their team mate and runs around a cone.</li> <li>* To start the player remaining in the grid is stationary and then progresses to dribbling around.</li> </ul>	<ul style="list-style-type: none"> <li>* As the player comes back to receive the pass their team mate should pass it, once eye contact has been made.</li> <li>* Encourage communication</li> <li>* When receiving the ball, players must touch the ball into the area they want to move into.</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* 4 v 4 on a 20 yard x 30 yard grid, divide in half</li> <li>* Teams place an equal amount of the standup cones in their own defensive half.</li> <li>* Players around allowed to move around the whole area</li> <li>* The aim is to try and knock down a cone in your opponent's defensive half by passing the ball against it.</li> <li>* When the cone has been knocked over the player that knocked it down picks it up and takes it over to their defensive half</li> <li>* Game is won when all the cones are in one half</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage a different range of passing.</li> <li>* Show players how to support</li> </ul> <p>A second ball can be added to speed up the game and to keep all the players involved.</p>
<b>MATCH</b>	<ul style="list-style-type: none"> <li>* 4 V 4 no GK's</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div>  = Players            = Ball         </div> <div>  = Coaches            = Cone         </div> <div>  = Pass            = Disc         </div> <div>  = Goal            = Movement without the ball         </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

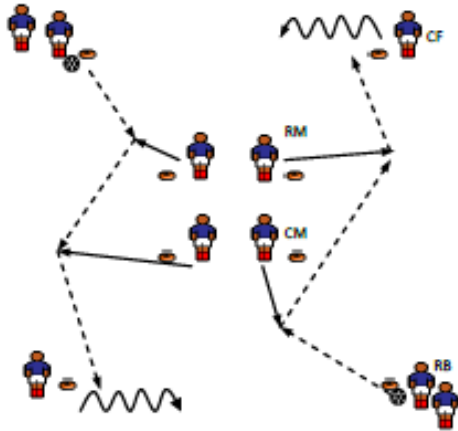
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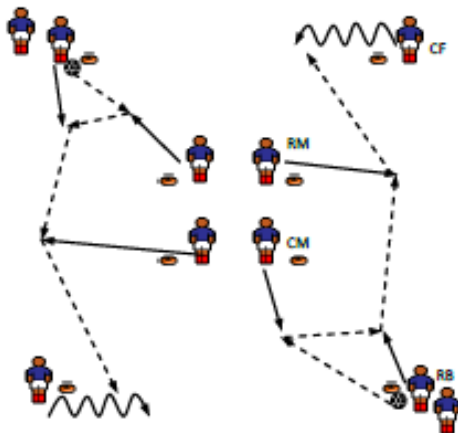
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Topic = Small Sided Games Passing Patterns  
 Coach = Adrian Parrish, KYSA Technical Director



- \* RB passes to the CM, who checks back at an angle opening up to receive the ball across their body.
- \* RM checks out upon making eye contact with the CM. And opens up their body to receive the pass from the CM.
- \* RM passes the ball to the CF on the dribble, who carries the ball across to the other side.
- \* After each pass the players follow their pass to the next cone.
- \* Complete patterns going on both sides and once the players become comfortable with the passing pattern, have them go in the opposite direction



- \* RB passes to the CM, who keeps their body closed but strongly encouraged to get into the habit of looking over their shoulder.
- \* CM plays the ball back to the RB who has started to make a small run forward.
- \* As the RB receives the ball the RM opens up to the sideline, encouraging the RB to play a driven pass into their feet across the body.
- \* RM passes the ball to the CF on the dribble, who carries the ball across to the other side.
- \* After each pass the players follow their pass to the next cone.
- \* Complete patterns going on both sides and once the players become comfortable with the passing pattern, have them go in the opposite direction

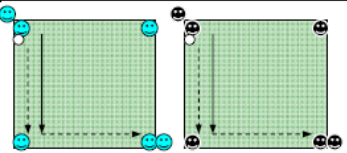
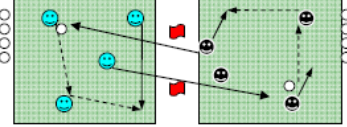
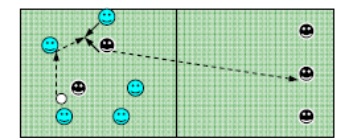
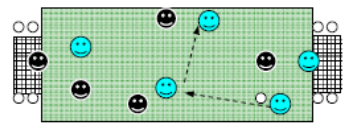


# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Passing & Receiving

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of 6 in a 12 x 10 area</li> <li>* Ball Starts in corner with two players</li> <li>* Pass to the next corner and follow the pass</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>* Ball is played the other way around the area</li> <li>* Player follows in with speed to put the receiving player under pressure</li> <li>* Groups race against each other</li> <li>* Have two balls moving around the area</li> </ul>	<ul style="list-style-type: none"> <li>* None kicking foot next to the ball, pointing in the direction you want the pass to be played</li> <li>* Hit the ball with the inside of the foot</li> <li>* Strike through the middle of the ball</li> <li>* Head and Shoulders over the ball</li> <li>* Play the ball into the correct side of your team-mate</li> <li>* Receiving player should open up to receive the pass</li> <li>* Lock the ankle when receiving the ball but cushion the pass</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* 3v1 Explosive Squares</li> <li>* In the groups players number themselves 1,2,3 &amp; 4</li> <li>* Players pass and move the ball around the area</li> <li>* When the coach calls out a number that play leaves their square and goes into the opposite one to win the ball back as much as possible.</li> <li>* Defenders win a point each time they win possession or the ball goes out of the area.</li> <li>* Winning team is the team with the least scored against</li> </ul>	<ul style="list-style-type: none"> <li>* All of the above</li> <li>* Weight of the pass</li> <li>* Keep the ball moving</li> <li>* Make Eye Contact with team-mates</li> <li>* Movement after the pass</li> <li>* Get In Line with the ball</li> <li>* First touch away from danger</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Play in a 20 yd x 50 yd area divide into 2 halves</li> <li>* 2 equal teams with one team starting with the ball</li> <li>* The other team sends in two defenders to try and win the ball and play it back to their team mates</li> <li>* If they win it they move back to support and 2 defenders come in, to make a 5 v2</li> <li>* Attacking team wins a point for every 5 consecutive passes they make</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape, wide and long</li> <li>* Support Play</li> <li>* Communication</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Divide the group in two two equal teams</li> <li>* 4 v 4 plus a GK</li> <li>* Have extra balls placed around the field to keep the game moving quickly</li> <li>* Emphasize on possession and passing techniques</li> </ul>	<p><b>LEGEND</b></p> <ul style="list-style-type: none"> <li>☺ ☹ = Players</li> <li>○ = Ball</li> <li>→ = Run with out the ball</li> <li>- - - - - = Pass</li> <li>⌘ = Goal Net</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players in pairs pass and move the ball. Stretch</p>	

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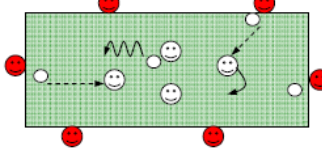
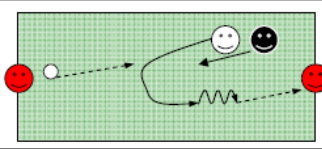
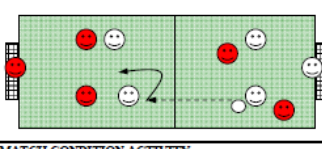
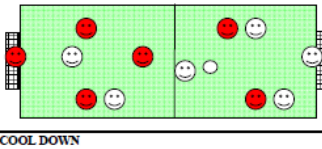
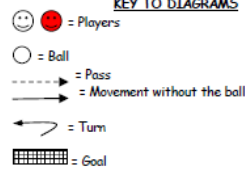


**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Receiving & Turning with the ball

Coach = Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Half the group on the outside of the area</li> <li>* Leave two player on the outside without a ball</li> <li>* Players in the middle check to receive a pass</li> <li>* The turn with the ball and pass to a player on the outside that does not have a ball</li> <li>* Then check to receive another pass</li> <li>* Change roles after 60 seconds</li> </ul>	<ul style="list-style-type: none"> <li>* Check to receive the pass</li> <li>* Quality of the pass</li> <li>* Surface used to receive the pass</li> <li>* Bend the knees, and accelerate into space</li> <li>* Head Up</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 1v 1 with two neutral players</li> <li>* The attacking player in the middle checks to a neutral player to receive the pass</li> <li>* The player receives the pass on the turn and attempts to dribble past their opponent and play it into the other neutral player</li> <li>* The attacking player continues to then receive the pass back and play back to the other side</li> <li>* If the defender wins it they become the attacker</li> </ul>	<ul style="list-style-type: none"> <li>* Awareness of the opposition</li> <li>* Movement to create space</li> <li>* Try to lead the player into the turn</li> <li>* Surface used to receive the pass</li> <li>* Disguise</li> <li>* Bend the knees</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 4 v 4 plus Goalkeepers</li> <li>* Players are restricted to staying in their own halves</li> <li>* Defenders play the ball into the attackers, who try to turn and score</li> <li>* Attackers can play back to defender</li> <li>* Defenders can shoot if ball is laid back</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape, to create space</li> <li>* Field Awareness</li> <li>* Communication</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 V 6 including GK's</li> <li>* Normal Soccer Rules</li> <li>* If a players scores after receiving it and turning the goal counts double</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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# **Kentucky Youth Soccer Association** **Coach Education Lesson Plan**



Topic = Penetrating Passes

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Place players in groups of four</li> <li>Split them into pairs and have them about 30/40 yards apart</li> <li>One pair starts by passing the ball back and forth for about 5-6 passes</li> <li>They then open up and play a long pass into the furthest player</li> <li>This player lays it back to the partner and the process continues</li> </ul>	<ul style="list-style-type: none"> <li>Open up the hips</li> <li>Make eye contact with the receiving player</li> <li>Head and Shoulders over the ball</li> <li>Select surface of the foot</li> </ul> <p><u>Guided Discovery Question</u>  Which part of your foot should you use if you want to drive the ball on the ground?</p>
<b>SMALL SIDED GAME</b> 	<ul style="list-style-type: none"> <li>Play 4 v 2</li> <li>Play in a 20 yard by 10 yard grid</li> <li>The four keep the ball away from the two, and score a point each time they split the defenders with a direct penetrating pass (see diagram)</li> <li>If the two defenders win it they keep the ball away from the four</li> <li>Switch roles every two minutes</li> </ul>	<ul style="list-style-type: none"> <li>Team Shape, width &amp; depth</li> <li>Lead players into their next pass</li> <li>Pace of the passes</li> <li>Supporting runs</li> </ul> <p><u>Guided Discovery Question</u>  What should you do with your body so you can make a one touch penetrating pass?</p>
<b>EXPANDED SMALL SIDED GAME</b> 	<ul style="list-style-type: none"> <li>7 v 7</li> <li>Both teams play in a 1-2-3-1 formation</li> <li>Divide the field into thirds</li> <li>Teams play normal soccer rules, including offside</li> <li>No corners, if a corner is earned then the ball goes back to the attacking teams GK</li> <li>Teams score 3 points if they can skip the middle third with any type of pass and then go on to score.</li> </ul>	<ul style="list-style-type: none"> <li>Field Awareness</li> <li>Selection of pass</li> </ul> <p><u>Guided Discovery Question</u>  When can we dribble the ball and when should we look to pass?</p>
<b>GAME</b> 	<ul style="list-style-type: none"> <li>Play 7 v 7 with normal soccer rules</li> <li>Let the players play</li> </ul>	<div>  = Players   = Ball   = Goalkeeper   = Goal   = Long Pass </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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# POSSESSION

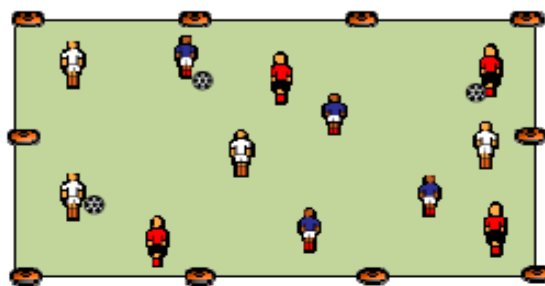


## Kentucky Youth Soccer Association Olympic Development Program Lesson Plan



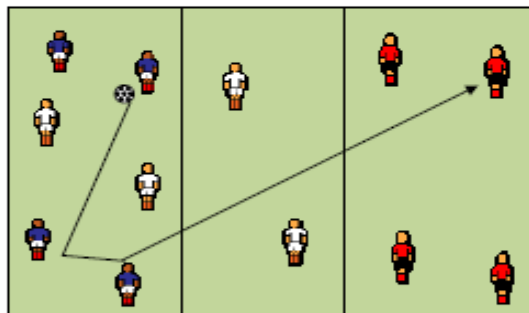
### Possession through the Thirds

#### Warm Up



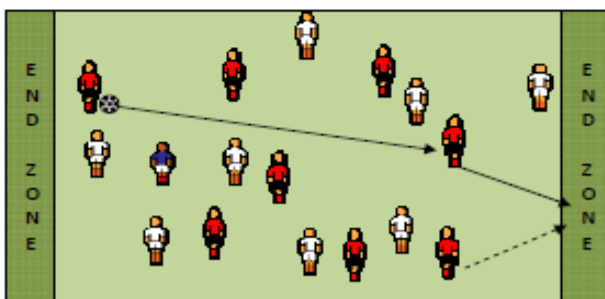
- \* Groups of four players
- \* Start by passing and moving, add dynamic stretching throughout the warm-up
- \* Use the following plays
  - > After the fourth pass the player dribbles for approx 5 yards away with pace. Continue passing
  - > After the fourth pass, the player follows their pass, gets it back and the pass it back to the same player.
  - > After every pass a player sprints around a cone and comes back into the grid.
  - > After the fourth pass, the ball is played to the furthest player (start spreading them out)
  - > Any passing combination

#### Small Sided Activity



- \* Three teams of 4
- \* One team starts as the defending team
- \* The team in possession makes four or more passes before then can pass through or over the middle third.
- \* Once received the two defenders in the middle third go in win the ball, and the other two retreats to the middle.
- \* If the defending team wins it they switch out with team that turned possession over.

#### Expanded Small Sided Activity



- \* 8v 8 + 1
- \* Teams attempt to pass the ball into an end zone for their team mate to score
- \* Teams score double points if they are successful in playing a team mate after 8 or more consecutive passes
- \* Teams can also score double if they play in the neutral player to the end zone.
- \* Players cannot stand in the end zone to receive the pass.
- \* Once the ball is under control in the end zone possession changes over and the point is scored.



# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Playing Forward, Back and Through

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Three teams of three players</li> <li>* Two teams work together to keep the ball away from the other team</li> <li>* Defensive team becomes the attacking team if they win possession or force one of the attacking teams to make a mistake</li> <li>* Attacking teams are restricted to three touches or less</li> </ul>	<ul style="list-style-type: none"> <li>* Draw the defensive team in</li> <li>* Be patient as a unit</li> <li>* Be aware of the defenders positioning (play what they give you)</li> <li>* Support Play</li> </ul> <p><u>Guided Discovery Question</u> What do you have to do with your body to be aware of your surroundings as you check to the ball?</p>
<p>SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> <li>* 4 v 4 with 4 players from each team on each side of the grid</li> <li>* Players in the middle have unlimited touches</li> <li>* Players on the outside have a two touch limit but can not be challenged</li> <li>* Outside target players can not play to each other</li> <li>* Teams can score a point if they can pass the ball from one side to the other</li> <li>* Rotate players every 3 to 4 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Change of speed to support the pass</li> <li>* As one player checks too, there also has to be players checking away</li> <li>* Look for 1-2 combinations</li> <li>* Be aware of the defenders positing (play what they give you)</li> <li>* Support Play</li> </ul> <p><u>Guided Discovery Question</u> How and why do you draw the defensive team in?</p>
<p>EXPANDED SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> <li>* Place two end zones at the end of a 65 x 45 grid</li> <li>* End zones are a free area and each one can be entered by the team that has possession</li> <li>* The ball can not go directly from end zone to end zone</li> <li>* 3 touch maximum in the middle</li> <li>* Players can dribble or pass into the end zone (under control)</li> <li>* A point is scored when you successfully transfer the ball from one side to the other while maintaining possession</li> </ul>	<ul style="list-style-type: none"> <li>* Look deep first</li> <li>* If it is not on to play forward, be patient</li> <li>* If the checking player does not receive the ball, he/she must spin out to create the space</li> </ul> <p><u>Guided Discovery Question</u> Why is it important to over hit your long passes?</p>
<p>LARGE GAME</p>	<ul style="list-style-type: none"> <li>* 6 v 6 for U12 Teams</li> <li>* 8 v 8 for U14 Teams and above</li> <li>* Normal soccer rules</li> <li>* Little to <u>NO</u> coaching, but looking for the patterns of play that you have just covered</li> </ul>	<ul style="list-style-type: none"> <li> = Players</li> <li> = Ball</li> <li> = Pass</li> <li> = Movement/Run</li> <li> = Goal</li> <li> = End Zone/Safety Zone</li> </ul>
<p>COOL DOWN</p>	<p>Light jogging and static stretching</p>	

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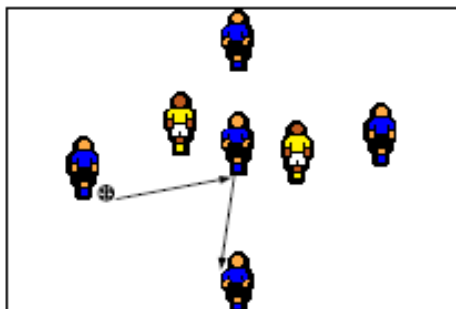


## Kentucky Youth Soccer Association Olympic Development Lesson Plan Saturday November 8<sup>th</sup> 2014



Training Objectives: Playing in and out of tight spaces

### Warm Up



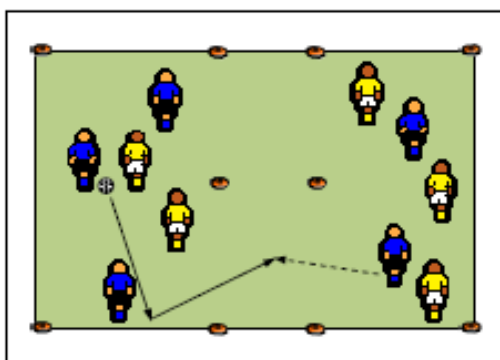
#### Organization

- \* 3v2 Rondo's
- \* Playing in a 15 x 15 yard area
- \* Four attackers on the outside and one in the middle with two def's
- \* Players on the outside keep the ball away from the defenders
- \* They score a bonus point if they play through the central player
- \* If defenders win the ball they keep it and the central player tries to win it back.

#### Coaching Points

- \* Movement and supporting angles
- \* Disguising the pass, pace of the pass.
- \* Receiving the ball away from pressure/letting it roll across the body

### Small Sided Activity



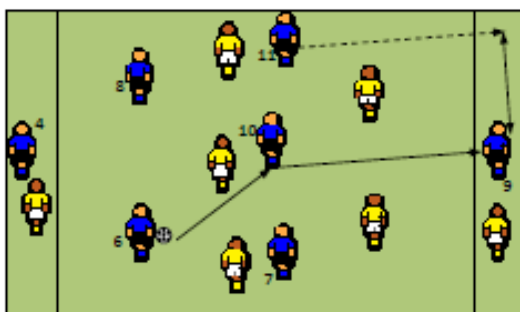
#### Organization

- \* 22x 16 are with two halves of 11x 8 and a 2 yard central zone
- \* 3v2 in each half.
- \* Start with players having to stay in their own half but the ball can transfer over
- \* Teams score a point for every consecutive pass they make.
- \* First team to 100 wins
- \* Progress to allowing one player to check into the neutral zone to receive the ball
- \* Scoring system becomes one touch passes equal a point

#### Coaching Points

- \* Movement off the ball – Timing of the runs, when and where
- \* Thinking ahead, knowing where to play before receiving the pass
- \* Pace and weight of passing, leading players
- \* Communication, verbal and visual

### Expanded Small Sided Activity



#### Organization

- \* 3v5 in on a 40 x 30. Place the players in a 2-3 formation (focusing on using the 6,8, 7,10,11)
- \* Two end zones are placed at each end 5 x 30
- \* In each end zone place a player from each team (#5 & #9)
- \* The aim is to play the ball to the target player in the end zone and have a player join them to create a 2v1 and make 3 quick passes to score a point.
- \* If the defender wins it they play back out

#### Coaching Points

- \* Speed of play, recognizing when to play quick and when to slow it down.
- \* Same points as previous activities.



# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Passing and Dribbling to maintain Possession

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* 2 v 2 +1 in a 15 x 10 yard grid</li> <li>* Players can pass and move around in the grid to loosen up</li> <li>* Eventually players will become live in trying to just keep the ball away from the other team.</li> <li>* Teams score a point by splitting their opponents with a pass or a dribble</li> </ul>	<ul style="list-style-type: none"> <li>* Face defenders to keep the game going in a positive manner</li> <li>* If dribble is on go with speed</li> <li>* Speed of pass</li> <li>* Supporting angles and distance of teammates when in possession of the ball.</li> </ul>
<b>SMALL SIDED GAME ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Place 7 to 8 gates approx 2 yards wide around the grid</li> <li>* Play 5 v 5 +1</li> <li>* To start teams can only score a point successfully passing through a gate to a team mate</li> <li>* Add they can also score by dribbling through</li> <li>* First team to 15 wins the game</li> </ul>	<ul style="list-style-type: none"> <li>* First touch and speed of pass</li> <li>* Movement of the ball and team mates to exploit space</li> <li>* Decision Making</li> </ul>
<b>EXPANDED SMALL SIDED GAME ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 7 v 6 (inc GK)</li> <li>* 7 Attacking players go towards the big goal</li> <li>* 6 Defenders score by passing to their target player through the counter goals. Target player must remain in designated area.</li> <li>* One of the two defenders can come out of the designated area when attacking team is in possession</li> <li>* Attacking team plays all in. Defending team plays 3 touch limit</li> </ul>	<ul style="list-style-type: none"> <li>* Look forward quickly</li> <li>* Wide players to create width, forwards to stay deep and play on the shoulders of the defenders.</li> <li>* Move the ball around to create openings to attack on the dribble or splitting pass</li> <li>* Movement to create space in and around the attacking third</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* One team plays in a 3-2-1</li> <li>* One team plays in a 2-3-1</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Movement off the Ball/Combination Play

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two teams of 4 players in a 20 x 20 grid that is divided into quarters.</li> <li>* One player from each team goes on the end of the grid</li> <li>* Players in the middle play in opposite or diagonal squares</li> <li>* One team starts by playing the ball in and the players combine to pass the ball to the other side.</li> <li>* The ball is then given to the other team to connect and pass to the other side.</li> <li>* Repeat several times. No defending in the middle</li> </ul>	<ul style="list-style-type: none"> <li>* Players need to move before the ball travels</li> <li>* Checking over the shoulder</li> <li>* Open up hips</li> <li>* Play the ball with pace into the leading front of the receiving player</li> <li>* Move after the pass has been executed.</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Same set up as previous activity.</li> <li>* Defenders can now apply pressure but can only defend in two squares</li> <li>* Attacking players play for 60 seconds and see how many times they can combine to get from target player to target player.</li> <li>* If the defender wins it they play to any target player</li> </ul>	<ul style="list-style-type: none"> <li>* Timing/Speed of the runs</li> <li>* Scan the playing area</li> <li>* Pace of passing</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Extended the grid to 24 yard x 24 yards</li> <li>* Play 4v4 in the middle but keep the four squares</li> <li>* Teams play keep-away</li> <li><u>Play with the following restrictions</u></li> <li>* After each pass the player has to move into a different square</li> <li>* Cannot pass to a team-mate in the same square</li> <li>* Two or more players can not be in the same square</li> </ul>	<ul style="list-style-type: none"> <li>* Do not be standing still</li> <li>* Think where to move before the passes are made (Scan the field)</li> </ul>
<b>MATCH</b>	<ul style="list-style-type: none"> <li>* 6 V 6</li> <li>* Normal Soccer Rules</li> <li>* Teams play in a 1-2-1-2 formation</li> </ul>	

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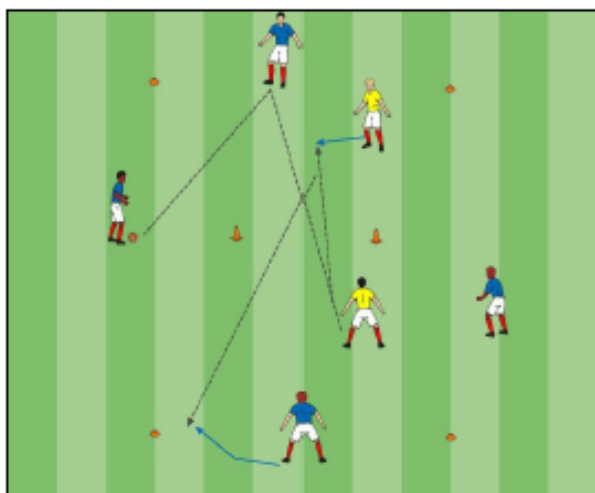


**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**  
**Adrian Parrish: Technical Director**  
**Topic: Midfielders Roles During the Build-Up**



**Training Objectives:**

To improve the midfielders understanding of recognizing when and where to support their team mates while the team is building up from the defensive half. Working on the timing and supporting angles as well as keeping the ball circulating so that the team can penetrate. Help the midfielders to work in unison with each other so that they can stretch the opposition to create the opportunities to exploit the opposition by playing wide or through the gaps centrally



**Organization**

Grid approximately 16 yards x 22 yards. Two cones approximately 3 yards apart are placed in the middle of the grid. 4 players on the outside. One player on each side of the grid, the players must keep moving up and down the perimeter. 2 players are in the middle. Players pass the ball around the outside. On every third pass the ball is played into a central player, who plays it through the gate to their team mate and then back to the outside. Rotate players in the middle, every 60 seconds

**Coaching Points**

Weight of pass needs to be firm and played fast.  
Movement of body, shape the body up to receive the ball and play the way you are facing. Scan the field, be looking for the next pass. Try to play the deepest midfield first

**Organization**

7v2 or 6v1. If playing with seven players on the attacking team, place two in the middle and five on the outside. If playing with six players on the attacking team, place one in the middle and five on the outside. Coach serves the ball into the central players who connect with an outside player & keep maintaining possession. Two defenders come in and try to win the ball. The team maintaining possession wins a point every time they connect with the midfielder and switch out the other side. If the defenders win the ball they play it back to the coach and the next two defenders enter the grid. Anytime the attacking team loses possession from a poor pass or it deflects out a new set of defenders enter the grid.

**Coaching Points**

Midfielders vacate the space and try to play in between the defenders. Speed of the pass, try to play 1-2 touch. Midfielders need to scan the field. Movement and support of the players on the outside needs to be opposite of what the central players do. Players on the outside need to guide and instruct the central players on what to do. Never stop moving, always offer good supporting angles (distance and timing)







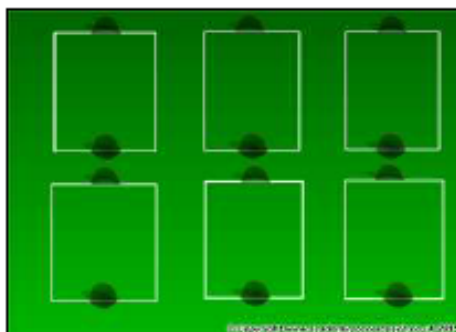
**Kentucky Youth Soccer Association**  
**Lesson Plans – Fantastic 4v4 Games**  
**Adrian Parrish – Technical Director**



The objective of Fantastic 4's is to allow the players to participate in different game formats to help bring out the principles of play in an enjoyable environment. Players should be encouraged to be creative and play with freedom while getting lots of touches on the ball and score more goals using many different formats.

**Organization**

- \* Create as many fields as needed to accommodate your group
- \* Recommended size: 35 yards long x 25 yards wide
- \* Divide players into teams of 5 or 6 players
- \* Players control the substitutes on their own
- \* Coaches act more as facilitators but provide the game format
- \* Play 5 minute games with a 3 minute rest
- \* Teams stay together but rotate after each game
- \* Involve the players in the rules e.g Goal-Kicks, Throw-Ins



**Game Examples**



- \* Normal 4v4 Soccer
  - \* No Keepers
  - \* Following additions can be made/added
    - > Goals have to be scored with the ball on the ground
    - > Goals can only be scored with the players weaker foot
- Objectives**
- \* Create 1v1 situations, technique of dribbling and technique of pressing as the 1<sup>st</sup> defender
  - \* Support play when team is in possession
  - \* Defensive team shape
  - \* Additions help improve the technique of finishing

- \* Every player has to touch the ball before a goal can be scored
  - \* Following additions can be made/added
    - > When possession is lost it starts again
    - > Every consecutive pass is added to the goal scored, for example 5 passes plus a goal equals 6 points scored
- Objectives**
- \* Possession- improve the technique the passing & receiving
  - \* Movement & Support Play – Recognize when to posses and when to penetrate.





# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Developing Support Play to improve Possession

Coach = Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Divide a 20 x 20 grid in to quarters</li> <li>Place three teams in the grid with a ball per team</li> <li>Players pass the ball around between their team</li> <li>After each pass the player must move into a different quarter</li> <li>Players can receive from their team mate in a small section, but progress to where they have to pass and move to another section</li> </ul>	<ul style="list-style-type: none"> <li>Speed of pass</li> <li>Angle of support so player can move directly into the next pass with limited touches</li> <li>First touch away into space</li> <li>Head up</li> <li>Thinking ahead i.e. continuous movement</li> <li>Keep the grids as big as possible</li> </ul>
<b>SMALL SIDED GAME ACTIVITY</b> 	<ul style="list-style-type: none"> <li>Keep the grid the same as the warm-up</li> <li>Playing 3v3v3. Two teams in possession. If def team wins it they switch out</li> <li>After passing the ball players must move sections. Players can receive a pass from within the same small section, but progress to where they have to pass and move to another section</li> <li>If teams become successful progress to where they have to pass to a player wearing a different color from which they received it.</li> </ul>	<ul style="list-style-type: none"> <li>Keep the grids and are big as possible</li> <li>Body position of receiving player</li> <li>Do not force if the play is not on.</li> <li>Focus on the supporting players and not the ball</li> <li>Recognize keys and cues</li> </ul>
<b>EXPANDED SMALL SIDED GAME ACTIVITY</b> 	<ul style="list-style-type: none"> <li>5 v 5 including Goalkeepers</li> <li>Create three teams, with one being used as wall players</li> <li>Divide the field in to halves placing 2 Defs and 2 Str in each half.</li> <li>Teams can only have 2 v 2 in each half at all times, but they can inter change as shown in diagram</li> <li>Teams can use the wall players to maintain possession, encourage the wall players to keep moving</li> <li>Play 3 minute game and rotate teams, winners stay on</li> </ul>	<ul style="list-style-type: none"> <li>Don't force the play.</li> <li>Create blind side runs and clever combinations</li> <li>Keep moving to get open and create opportunities to maintain possession</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>7 V 7 including GKs</li> <li>One team plays in a 3-2-1</li> <li>One team plays in a 2-3-1</li> <li>Normal Soccer Rules</li> <li>Use half of a regular 11 a-side regulation field</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Developing Field Awareness to improve Possession

Coach = Adrian Parrish

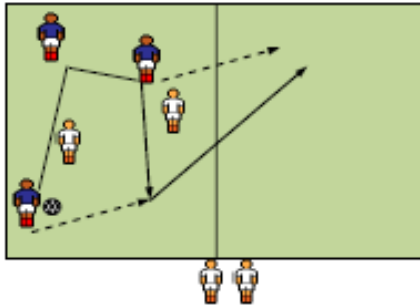
FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>*Place small grids of different sizes around the field</li> <li>* Players work in groups of 3, with 2 on the outside and 1 in the middle of the small grids</li> <li>* The players on the outside move around the perimeter of the small grid, chasing each other</li> <li>* The player in the middle must move around in the grid so that both players are visible at all times.</li> <li>* Add a ball for all players</li> </ul>	<ul style="list-style-type: none"> <li>*Body position</li> <li>* Keep head up and moving at all times</li> <li>* Take the quickest turns to keep field open.</li> </ul>
<b>SMALL SIDED GAME ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Keep the small grids in the large grid</li> <li>* Two of the group now go to the outside of the large grid and one in the middle</li> <li>* One player on the outside passes to the player in the middle, who must take it through a small grid and pass to the other player</li> <li>* The player in the middle then moves to the outside of the grid</li> <li>* The original player who passed it in moves into the grid to receive the next pass. Procedure continues</li> </ul>	<ul style="list-style-type: none"> <li>*Check to the ball with body already open</li> <li>* Pass the ball with pass into the front foot</li> <li>* If player can let it run across their body, encourage this.</li> <li>* If the player does not pass the ball to the outside the receiving player must dribble it out before the can play back in.</li> <li>* Encourage movement from the players on the outside so players are forced to look for their team-mates</li> </ul>
<b>EXPANDED SMALL SIDED GAME ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Keep the small grids in the larger grid</li> <li>* Play 5 v 5 with a neutral and keepers on the outsides</li> <li>* Each team has a keeper, who can move around the outside</li> <li>* Teams score a point by playing through a grid with out it getting intercepted.</li> <li>* Teams score two points if it is played through the neutral</li> <li>* Keepers are used to maintain possession.</li> </ul>	<ul style="list-style-type: none"> <li>* Don't force the play.</li> <li>* Keep moving to get open and create opportunities to maintain possession</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 6 V 6 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<b>KEY TO DIAGRAMS</b> <ul style="list-style-type: none"> <li>● = Players</li> <li>● = Goalkeepers</li> <li>■ = Small Grids</li> <li>---&gt; = Pass</li> <li>—&gt; = Run</li> <li>~ = Dribble</li> <li>⌘ = Goal Net</li> <li>○ = Ball</li> </ul>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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### Warm-Up

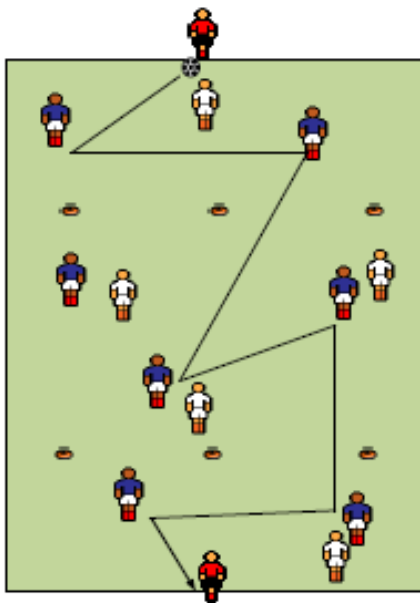


Start with groups of 4 just passing and moving

Area 30 x 15 as shown, Divide players into group of 4 and position them as shown. One group in possession against 2 opponents in a 15x15 grid. One square is vacant to being

2 Groups compete against one another as follows: 4 Blue v 2 White in one square, with 2 white players resting outside the square at the half way line. The coach serves the ball to the blue team and they must make at least 3 passes before they can pass ball into the next square for one of the blue players to run onto. If successful all four blue players move into the next square and again try to get at least 3 passes before looking to play in the original square. If the Blue team is successful in playing into the open square the 2 defending players exit off beside the coach at half and the other 2 opponents enter. If the blue team plays the ball out of the playing area play commences from a service from the coach into the 4 white players and 2 blue play as defenders. Every successful movement from one square to the other = 1 point. First team to 10 points wins.

### Small Sided Activity



7 v 5 playing through the lines.

Blue team must transfer the ball from one target player to the other, playing through the zones. At least one pass must be made in each zone before it can be transferred to the next. If defending side intercept they must find any target player. Play starts again with the blue team.

Once the ball is played into a target player, the blue team try to play back the other way.

All players must stay within designated zones.

Progressions:

1. One player from end zone can join central zone to create 4v3 overload.
2. Once ball has been used in central zone, players' able to set back into first zone and play into end zone/man.
3. Ball can skip a zone

Coaching Points

Pass of Passing

First touch to be taken in the direction you want to play (try to receive with hips open)

Movement off the ball, supporting angles & distance



**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**



Topic = Possession with a Purpose

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* 5 v 2 in a 15 x 10 yard grid</li> <li>* The 5 players must make 5 or more passes to score a point</li> <li>* If the two defenders win possession they try to keep possession</li> <li>* If the ball goes out it always starts with the 5 attackers</li> <li>* Change roles every 3-5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Pace of pass</li> <li>* Disguise the pass</li> <li>* Engage the defenders</li> <li>* First touch away from pressure</li> <li>* Supporting angles and runs</li> <li>* Recognizing cues, when to pass or when to dribble</li> </ul>
<b>SMALL SIDED GAME ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Place two 15 x 10 yard grids side by side</li> <li>* Start with 5 v 2 in one half</li> <li>* After 5 consecutive passes the attacking team can either dribble or play a ball into the other half for the whole team to move over and play 5 v 2 over there</li> <li>* Defenders stay in the half but move out of the grid</li> <li>* If a defender wins it they switch out with the player who made the mistake</li> </ul>	<ul style="list-style-type: none"> <li>* Patience don't force the play</li> <li>* Keep good supporting angles and distance</li> <li>* Decision making on through ball</li> </ul>
<b>EXPANDED SMALL SIDED GAME ACTIVITY</b>	<ul style="list-style-type: none"> <li>* 5 v 5 with a target for each team</li> <li>* Three goals at each end with a target player in the middle goal</li> <li>* Teams can score one point by playing it in to a side goal</li> <li>* If teams play through the center goal the target player needs to rebound it back into play for a teammate to receive it and dribble through the goal.</li> <li>* Goals scored in the middle count double</li> </ul>	<ul style="list-style-type: none"> <li>* When options are on to go forward, go with speed</li> <li>* Movement to create space in and around the attacking third</li> </ul>
<b>MATCH CONDITION ACTIVITY</b>	<ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* One team plays in a 3-2-1</li> <li>* One team plays in a 2-3-1</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li> = Players</li> <li> = Players</li> <li> = Goalkeepers</li> <li> = Cone</li> <li> = Colored Vest</li> <li> = Pass</li> <li> = Run</li> <li> = Dribble</li> <li> = Goal Net</li> <li> = Ball</li> </ul>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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# SET PLAYS

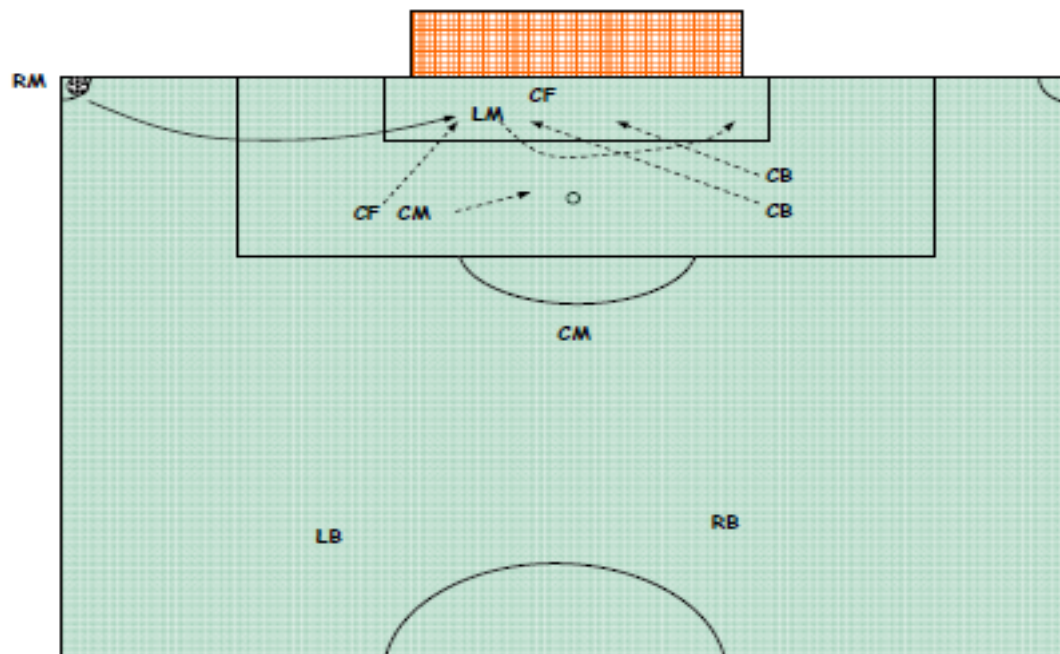


Subject = In-Swinging Corner One

## Kentucky Youth Soccer Association Coach Education Lesson Plan



Coach = Adrian Parrish



### Description

- \* RM or RB takes the corner from the left. If the corner is on the right the LM or LB will take the corner
- \* Smaller of the CF stands in front of the GK
- \* The LM starts in the six yard box, closer to the front post as seen in the diagram above
- \* The other CF and a CM start just off the front post about 12 yards out.
- \* Both CB's start at the back off the six yard box about 8-12 yards out.
- \* The other CM starts and remains on the top of the 18 yard box
- \* Both Full Backs remain back if not taking the corner

### Movement

- \* RM swings the ball in to the near post area
- \* LM peels off and goes to back post
- \* The small CF stays in the six yard box attempting to make it difficult for the GK to claim the ball
- \* The other CF attacks the front post, where the ball is being delivered
- \* The two CB's attack the middle to the front of the six yard box
- \* The CM inside the six yard box moves towards the Penalty spot to keep the ball in the area should anything bounce out

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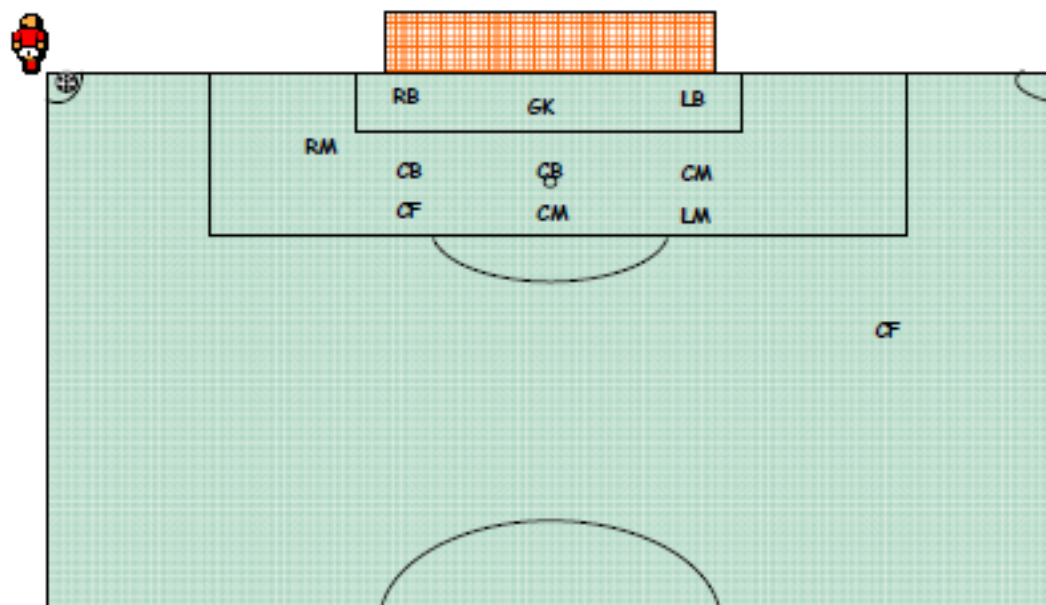
Kentucky Youth Soccer Association  
Coach Education Lesson Plan



Subject = Defensive Corner (Zonal)

Coach = Adrian Parrish

Zonal Defending/Marking is where the players are made to defend a certain area of the 18 yard box. The key concept to zone defending is where a defender is standing between the ball and the goal in his or her own area. Once an attacker moves into the area which they are marking, they must challenge them. Players must understand their positions so they know when they can move out of their positions and communicate with their team mates if they need help defending.



Description

- \* Both Full Backs stand on the inside of the post. If the Keeper moves forward off their line the full backs take a few steps centrally
- \* If the corner is taken from the left hand side, the RM stands slightly in front of the six yard box and step closer towards the goal line.
- \* One CB stands on the six yard box almost parallel with the front post.
- \* The taller of the two CB's starts on the six yard box in the middle of the goal
- \* The taller of the two CM's starts on the six yard box almost parallel with the back post
- \* The taller of the two CF's comes back and starts parallel with the front post about 12 yards out
- \* The second CM's stands on the penalty spot
- \* The LM stands parallel with the back post and about 12 yards out
- \* The other CF stands out of the 18 yard box on the opposite side of which it is being taken.
- \* Players turn their bodies at a slight angle to where they can see the corner taker and the whole field.
- \* Defensively they move in a 90 degree radius, attacking any ball that is played into the area which is in front and to the left of them.


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# SYSTEMS



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Systems of Play 11 v 11



**4-3-3: Brazilian Style**

**STRENGTHS**

- \* Allows team to play high pressure defense and keep opponents in their defensive third
- \* Four options for goalkeeper allows team to play out of the back either directly or indirectly
- \* Will create more goal scoring opportunities
- \* Creates opportunities for width in attack and flank play
- \* Allows for fullbacks to overlap into the attacking making or make blindside runs
- \* For younger players and athletes it is the easiest and least complex formation for players to learn

**WEAKNESSES**

- \* Forwards must work hard to keep the opponents in their defensive third
- \* Team vulnerable to being overrun in midfield, especially out wide
- \* Midfielders have to be disciplined in their forward runs to support the forwards
- \* The two wide forwards must get wide to create space for balls to be played into the corners behind the opposition
- \* Great athleticism needed by the midfield three
- \* The defense can not always really on support from the midfield, especially on counter attackers and when the ball is transitioned.

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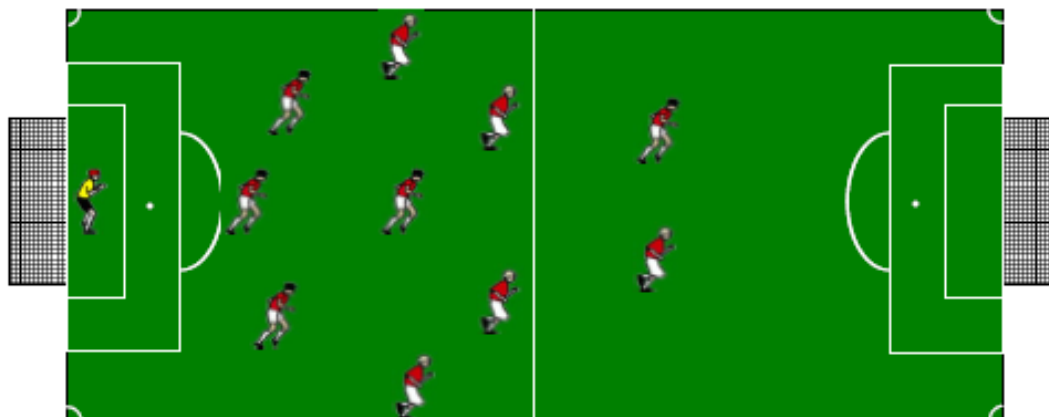
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3-5-2: Australian Style

STRENGTHS

- \* Allows more numbers to get forward and support quicker
- \* Still allows for patient build up and possession from the back especially if the wide players drop back
- \* Numbers up helps flood midfield keep possession and deny opposition attacks
- \* Creates opportunities for width in attack and flank play
- \* High pressure defensive systems may be organized in front third of the field
- \* Allows midfielders to support the attackers to create quick support and combination play

WEAKNESSES

- \* Less numbers in the back third puts defensive unit under pressure
- \* High level of fitness and understanding required by all but especially by the wide midfielders
- \* Suscept to long balls in the corners of the field behind the defense
- \* Great athleticism needed of defensive three
- \* Midfield can become crowded and compact if the players do not use the full width when in possession of the ball
- \* Attacking midfielders need to be able to read the game and react quickly

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3-4-3: Dutch Style

STRENGTHS

- \* Allows team to play high pressure defense and keep opponents in their defensive third
- \* Attacking midfielder helps organize the front three and keep the opposition in their defensive third. There will also be space for this player to create attacking opportunities for the team
- \* Will create more goal scoring opportunities
- \* Creates opportunities for width in attack and flank play
- \* Team has greater depth by playing on more than three lines

WEAKNESSES

- \* Less numbers in the back third puts defensive unit under pressure.
- \* Can lack defensive and midfield integrity - susceptible to long balls into corners of the field
- \* Attacking and Defensive Midfielders need to be good leaders
- \* The player in the middle of the defense sometimes has to be prepared to play both a sweeper and stopper role
- \* The two wide forwards must get wide to create space for balls to be played into the corners behind the opposition

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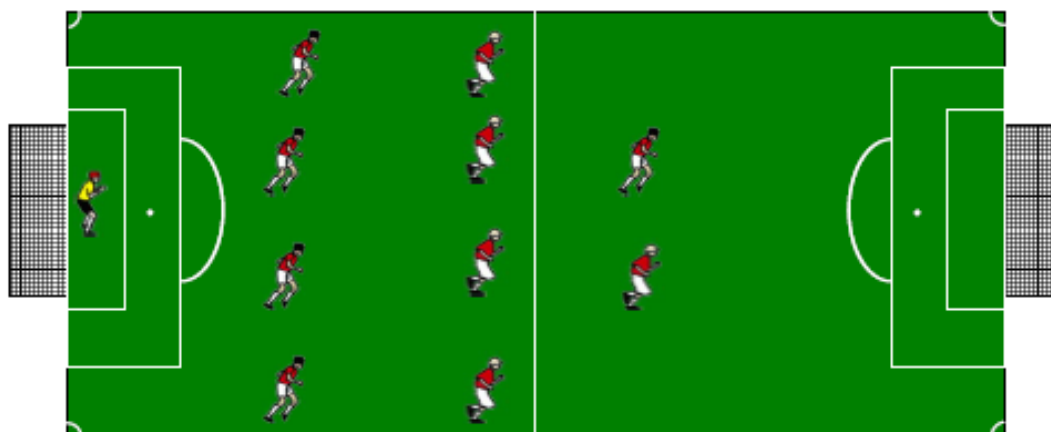
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4-4-2 Option 2: England National Team

STRENGTHS

- \* Four options for goalkeeper means easy for the team to play out of the back
- \* Lends itself well to a possession game with patient build up
- \* Two wide midfielders help team with width in the attack
- \* One of the forwards can be used as a target player, means that direct passes can be used
- \* Big spaces in attacking half of the field for midfield and defenders to flood into

WEAKNESSES

- \* Difficult to put opposition under pressure in their defensive third
- \* High level of fitness and understanding required of all players
- \* Can lead to attacking players being isolated with no support
- \* Need key personalities with pace, high levels of fitness and the ability to deliver good passes and crosses into the attacking third (wide players)
- \* Defenders need to understand the moments when to join the attack

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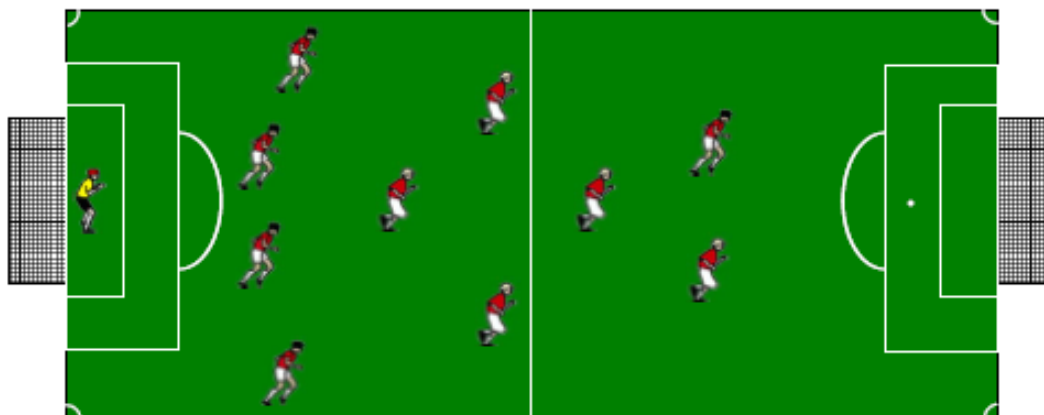
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4-4-2 Option 1: French National Team

STRENGTHS

- \* Four options for goalkeeper means easy for the team to play out of the back
- \* Easier to play with flat back 4 and no sweeper
- \* Two wide midfielders help team with width in the attack
- \* Attacking midfielder playing in behind the front two may have a lot of space to play in
- \* Big spaces in attacking half of the field for midfield and defenders to flood into
- \* Three midfielders pinched in front of back four provides team with good defensive integrity
- \* Due to midfielders pinched in, it allows good space for fullbacks to overlap into the attack

WEAKNESSES

- \* Unless fullbacks get forward can lead to teams attacking with no width
- \* Difficult to put opponents under pressure in their defensive third
- \* Need key attacking midfield personality with the ability to unlock a defense with good dribbling skills, intelligent passing, dangerous runs and a range of shooting
- \* Defensive shape means susceptible to teams with good attacking width
- \* Attacking midfield must defend intelligently without losing their attacking effectiveness
- \* Can lead to a team being dominated in midfield in the defensive half if a midfielder is not disciplined

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# TACTICS



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Speed of Play

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* 10 players, 5 attackers, 2 defenders in the middle and 3 bumper players</li> <li>* 5 attackers keep the ball in the middle and score a point each time they split the defenders</li> <li>* If the defenders win the ball they get a point by playing it to a bumper player. The attackers must attempt to stop them playing it to the outside.</li> <li>* Bumper players need extra balls to keep the game moving quick, and play it in anytime the ball goes out.</li> </ul>	<ul style="list-style-type: none"> <li>* Pace of passing</li> <li>* Pace of dribble, isolate the defender 1v1</li> <li>* Movement off the ball, players check in if they don't receive the ball, check back out.</li> <li>* Encourage players to be creative and not stand on the same side of the grid.</li> </ul>
	<ul style="list-style-type: none"> <li>* 25 x 25 yard grid</li> <li>* 3v3 in the middle with a target player from each team on the outside.</li> <li>* Teams play from one target player to the other, when the target player receives it they switch places with the player that played it to them.</li> <li>* Don't switch places with the player when you drop it back as support.</li> <li>* Target player cannot play to target player and must combine before playing it to the other side.</li> </ul>	<ul style="list-style-type: none"> <li>* Movement off the ball, supporting angles. Timing and distance</li> <li>* Target player to explode into the grid off the dribble or with a quick firm pass.</li> <li>* Encourage players not to clog up the space.</li> </ul>
	<ul style="list-style-type: none"> <li>* Three teams of six players</li> <li>* 6v6 on the field with six players on the outside with a ball each</li> <li>* Number the players on the outside</li> <li>* Assign a captain for each team</li> <li>* When the ball goes out of bounds or a goal is scored the captain from one team calls out a number and that player on the outside plays the ball in quickly to keep the game moving.</li> <li>* Each captain gets a turn to go through all six numbers before the other team is in control of the game</li> </ul>	<ul style="list-style-type: none"> <li>* Think ahead and think quick</li> <li>* Play with heads up and look for the best options</li> </ul>
	<ul style="list-style-type: none"> <li>* 6 V 6</li> <li>* Normal Soccer Rules</li> <li>* Teams play in a 1-2-1-2 formation</li> </ul>	<div>  = Players            = Dribble         </div> <div>  = Ball            = Cone         </div> <div>  = Pass            = Run-Move         </div> <div>  = Goal         </div>



# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Playing with Split Strikers

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Set up players with one deep striker and one coming short, against two defenders</li> <li>* As the server plays the ball in one midfielder from a corner of the grid can join the attack and a defender from the opposite end joins in to create a 3 v 3</li> <li>* Progress to allowing both midfielders and defenders join the attack</li> <li>* Attacking team scores in the big goal, defenders score every time the play back to the server</li> </ul>	<ul style="list-style-type: none"> <li>* Deepest player looks to receive the ball</li> <li>* Be aware of where the defender is</li> <li>* Angles and distance of supporting runs</li> <li>* Speed and pace of pass</li> <li>* Try and play on the shoulder of the last defender</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Play on a narrow but long field</li> <li>* 6 attackers v 5 defenders plus one GK</li> <li>* Attackers try to score in the big goal, defenders score in the counter goal, where the attacking play starts.</li> <li>* Play regular soccer rules</li> </ul>	<ul style="list-style-type: none"> <li>* Supporting midfield runs</li> <li>* Clever quick combination play</li> <li>* Application of finished product, score</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Set up an area, which is full width of the field and 70/80 yards long</li> <li>* The team you are coaching plays in a 3-4-1-1 formation</li> <li>* The team you are playing against plays in a 4-3-1 formation</li> <li>* It is your teams aim to score in the big goal</li> <li>* The opponents score through one of the counter goals but can not score unless they play through their striker who must stay past the half-way /restriction line</li> <li>* Add a linesman to create realism</li> </ul>	<p>Look for the following pictures</p> <ul style="list-style-type: none"> <li>* Quality of runs to create space by the strikers</li> <li>* Strength and body shape of the target player</li> <li>* How strikers react when a wide player brings the ball in</li> <li>* How the nearest striker reacts when a long pass is played into the target player</li> <li>* Center Midfield Supporting Runs</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 9 v 9 scrimmage</li> <li>* Regular soccer rules</li> <li>* Encourage the strikers to stay split as this makes it difficult for the central defender on knowing whether to pick up the one player dropping into midfield or pass them on.</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>⊙ = Player</li> <li>△ = Cone</li> <li>→ = Pass</li> <li>- - - - - = Movement</li> <li>⊞ = Goals</li> <li>↪ = Turn</li> <li>- - - - - = Restriction Line</li> </ul>
<b>COOL DOWN</b>	Players lightly jog and skip around the area. Stretch	

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# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Coach fullbacks to join into the attack

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Set up grid to play a 3 v 2 with 2 goals in opposite corners</li> <li>* A server plays the ball in to one of the middle players, who checks back to the ball and looks to bring in the overlapping fullback.</li> <li>* Goals are scored by dribbling through the goal</li> <li>* Progress to adding pressure on the fullback by adding a trailing player and allowing the server to join the play</li> </ul>	<ul style="list-style-type: none"> <li>* Reading the first touch of the receiving player</li> <li>* Positive attitude to get forward and join the attack</li> <li>* Good first touch into space in field opens up for the player to attack</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Place 6 attacking players against 5 defenders plus a GK in approximately a quarter of the field</li> <li>* Server plays a ball into a midfielder or striker</li> <li>* The attacking team are trying to score in the big goal</li> <li>* If the attacking team wins it the score through the one counter goal.</li> <li>* If a goal is scored or goes out of bounds at any other side then the one that the fullback is overlapping down the activity must restart with the server.</li> </ul>	<ul style="list-style-type: none"> <li>* Drag the back line out to create space in behind for the full back to exploit.</li> <li>* Full back to read the play to see if they can overlap or undercut</li> <li>* Be positive in 1 v1 situations</li> <li>* Execution of finish or cross</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Set up an area, which is full width of the field and 70/80 yards long</li> <li>* The team you are coaching is trying to score in the big goal, the opponents can score through either of the target goals but they must play through their striker first</li> <li>* If a target play gets the ball, they switch the play to the other target and keeps the game flowing.</li> <li>* Add a linesman so the attacking team is encouraged to play under regular game rules</li> </ul>	<ul style="list-style-type: none"> <li>* Make sure team is not out balanced or numbered at the back.</li> <li>* Look for the following pictures</li> <li>* Full backs decision when strikers have the ball</li> <li>* When the ball is being switched through midfield</li> <li>* When wide midfielder needs an outlet</li> <li>* When and where to overlap or undercut</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 9 v9 scrimmage</li> <li>* Regular soccer rules</li> <li>* Encourage and coach full backs to join the attack at the appropriate occasions</li> </ul>	<b>KEY TO DIAGRAMS</b> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>● = Target Player</li> <li>⊙ = Player</li> <li>▲ = Cone/Disc</li> <li>→ = Movement</li> <li>→ = Pass</li> <li>⚽ = Goals</li> <li>⚽ = Dribble</li> </ul>
<b>COOL DOWN</b>	Players lightly jog and skip around the area. Stretch	

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# **Kentucky Youth Soccer Association** **Coach Education Lesson Plan**



Topic = Building Up from the Back

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* 5 v 2</li> <li>* Team of 5 play as 2 Center Backs, Left and Right Back, and Defensive CM</li> <li>* Team of 2 are the two strikers</li> <li>* Team of 5 posses the ball and score by making 10 consecutive passes or by a CB splitting the strikers on a dribble</li> <li>* Team of two score by winning possession and dribbling between the two cones.</li> </ul>	<ul style="list-style-type: none"> <li>* Eye Contact with Teammates</li> <li>* Pace of pass</li> <li>* Leading the player into the pass</li> <li>* Open up the hips</li> <li>* First touch into space</li> <li>* Read the options</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 7 v 4 to a 2 v 1</li> <li>* Work with the 7 players whose aim is to try and posses the ball and play to the two players in the grid</li> <li>* If they play the ball over, 5 players move over and 3 from the other team</li> <li>* Possession cannot be kept in the middle third</li> <li>* The team of 7 scores a point for every 10 consecutive pass</li> <li>* If the other team wins it they score by dribbling through one of the goals on either end.</li> </ul>	<ul style="list-style-type: none"> <li>* Selection of pass               <ul style="list-style-type: none"> <li>&gt; Driven, Lofted, Instep</li> </ul> </li> <li>* Technique of Pass</li> <li>* Team Shape               <ul style="list-style-type: none"> <li>&gt; Width &amp; Depth</li> </ul> </li> <li>* Supporting Runs</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* Play 9 v 8 on just over half a full size field</li> <li>* Work with the nine defenders who score by passing through the counter goals to a target player. They must be past the half-way line.</li> <li>* 8 attacking players score on the big goal, they have no restrictions</li> <li>* Play regular rules, including offside</li> </ul>	<ul style="list-style-type: none"> <li>* Dispersal               <ul style="list-style-type: none"> <li>&gt; Width &amp; Depth</li> </ul> </li> <li>* Goalkeeper Distribution</li> <li>* All of above</li> </ul>
<b>MATCH</b> 	<ul style="list-style-type: none"> <li>* 9 V 9 including GK's or whatever numbers work out for group</li> <li>* Set one team in a 1 (GK) 4-3-1 system (Coach this team)</li> <li>* Set one team in a 1 (GK) 3-3-2 system</li> <li>* Normal Soccer Rules = including offside</li> </ul>	<div>  = Players            = Ball         </div> <div>  = Pass            = Cone         </div> <div>  = Movement with the ball            = GK/Target         </div> <div>  = Neutral Zone            = Goal         </div>
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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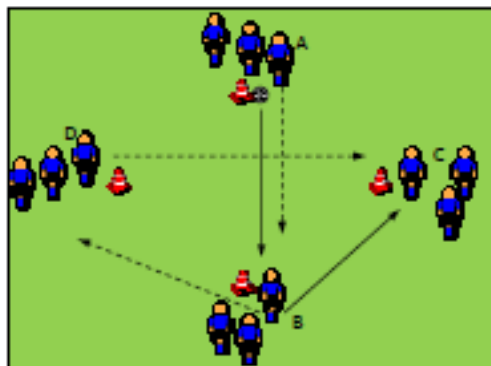


## Kentucky Youth Soccer Association Lesson Plans – Midfield Rotation & Reading Cues



**Training Objectives:** The session is covering all positions but the main focus can be placed on the central midfield unit #6, #8 & #10 to move and interchange with each other. Players need to read the cues and move off the other player's movement, coach the players to think ahead of the next pass and keep move and different speeds to create space for a pass or another player to exploit

### Warm Up



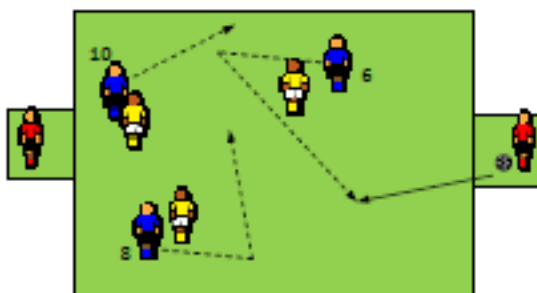
#### Organization

- \* Set up a diamond with 3 players behind each cone
- \* Cones approximately 12 yards apart
- \* First player in line A passes across to line B and applies pressure
- \* Line B passes right (to line C) and moves left behind Line D
- \* First player in line D applies pressure to line C
- \* The passing pattern continues with C passing right and moving left
- \* Progress to play either side, but still move the opposite way

#### Coaching Points

- \* Players need to read the cues of the defender to work out which way the first touch should go
- \* Keep the ball moving quickly
- \* Receiving player should check off the cone

### Small Sided Activity



#### Organization

- \* 15 x 15 yard grid with two 3x3 yard boxes on the end
- \* 3v3 with a target player in each end box
- \* Players basically man mark their opponent
- \* Aim is to play from one box to the other but can play back.
- \* Target players cannot play to each other, but players in the middle can play back if they can't go forward

#### Coaching Points

- \* Players have to keep moving and checking to lose player. Never stop moving, but need to change the pace of the movement
- \* If player can open up and move forward then that should be the option of opening up the hips and receiving on the front foot
- \* Player passing the ball needs to read the defender to see which side to play

### Expanded Small Sided Activity



#### Organization

- \* Field is 78 x 46 yards, playing to two larger goals
- \* Set up a 10 yard channel just past the half-way line (used as a visual guide)
- \* Attacking team plays in a 1-3-3-1
- \* Defensive team plays in a 1-2-3-2
- \* Ball starts with the attacking teams goalkeeper
- \* Try to play through the midfielders who continuously check in and out of the middle zone
- \* No restrictions are placed on the players or the zones. Normal soccer rules

#### Coaching Points

- \* Focus on the rotation of the midfielders, if a player checks into receive the ball but does not receive it then they check out leaving space for the other players to move into
- \* Check over the shoulder