



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Coach fullbacks to join into the attack

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Set up grid to play a 3 v 2 with 2 goals in opposite corners * 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. * Goals are scored by dribbling through the goal * Progress to adding pressure on the fullback by adding a trailing player and allowing the server to join the play 	<ul style="list-style-type: none"> * Reading the first touch of the receiving player * Positive attitude to get forward and join the attack * Good first touch into space in field opens up for the player to attack
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Place 6 attacking players against 5 defenders plus a GK in approximately a quarter of the field * Server plays a ball into a midfielder or striker * The attacking team are trying to score in the big goal * If the attacking team wins it the score through the one counter goal. * 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. 	<ul style="list-style-type: none"> * Drag the back line out to create space in behind for the full back to exploit. * Full back to read the play to see if they can overlap or undercut * Be positive in 1 v1 situations * Execution of finish or cross
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set up an area, which is full width of the field and 70/80 yards long * 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 * If a target play gets the ball, they switch the play to the other target and keeps the game flowing. * Add a linesman so the attacking team is encouraged to play under regular game rules 	<ul style="list-style-type: none"> * Make sure team is not out balanced or numbered at the back. <p>Look for the following pictures</p> <ul style="list-style-type: none"> * Full backs decision when strikers have the ball * When the ball is being switched through midfield * When wide midfielder needs an outlet * When and where to overlap or undercut
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 9 v9 scrimmage * Regular soccer rules * Encourage and coach full backs to join the attack at the appropriate occasions 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> <li style="width: 50%;">○ = Ball <li style="width: 50%;">⚽ = Target Player <li style="width: 50%;">😊 = Player <li style="width: 50%;">→ (dashed) = Movement <li style="width: 50%;">→ (solid) = Pass <li style="width: 50%;">🚩 = Cone/Disc <li style="width: 50%;">🏠 = Goals <li style="width: 50%;">👣 = Dribble
<p style="text-align: center;">COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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