



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Coaching a Back 3 and a GK

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Knockout with 2 defenders &amp; 1 GK (Red Player)</li> <li>* GK can use their hands to win the ball and knock it out</li> <li>* When the player is knocked out they are not out of the game, the simple collect their ball and come back to coach to do 5 juggles before they are allowed back in</li> </ul>	<ul style="list-style-type: none"> <li>* Immediate Chase</li> <li>* Pressure</li> <li>* Jockey the ball, don't dive in</li> <li>* Cover</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 3v2 with Goalkeepers</li> <li>* One GK starts with the ball and distributes to their team</li> <li>* One defender</li> <li>* The attacking team scores one point if they score</li> <li>* Defensive team score 2 points if they intercept and score</li> <li>* Teams play until ball has gone out of bounds or a goal has been scored, rotate roles</li> </ul>	<ul style="list-style-type: none"> <li>* Body Shape</li> <li>* Delay</li> <li>* Tracking Back ( get behind the ball quickly)</li> <li>* GK to be off the line</li> <li>* Communication</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Teams have to defend 3 goals</li> <li>* Both teams have 1 GK 3 Defenders and 1 Attacker</li> <li>* Team in possession can score in any of the 3 goals</li> <li>* GK starts the play by passing/rolling the ball out to one of his/her defenders.</li> <li>* Scoring system works as in previous game</li> <li>* Have an extra team on the sideline, so that you can create a rule for the winning team to stay on</li> </ul>	<ul style="list-style-type: none"> <li>* Pressure</li> <li>* Cover</li> <li>* Balance</li> <li>* Delay</li> <li>* Get players behind the ball</li> <li>* Defensive Team Shape</li> <li>* Be aware of blindside runs</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Work with the white team</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <p>   = Players   = Goalkeeper   = Pass   = Run   = Dribble   = Goal Net         </p>
<p><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

Website: [www.kysoccer.net](http://www.kysoccer.net) Telephone: 859-268-1254 ext 14 Email: [adrianparrish@kysoccer.net](mailto:adrianparrish@kysoccer.net)