



## KENTUCKY YOUTH SOCCER ASSOCIATION COACH EDUCATION LESSON PLAN



Session = Crossing & Finishing

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Place the group into 3's. Two players stand approximately 5 yards apart</p> <p>The other player is away in the distance but moving around. The two players have a ball and pass it between them. On one players discretion they open up and play a long driven/lofted pass into the furthest player.</p> <p>The player whom did not make the long pass joins the play and the process continues</p>	<ul style="list-style-type: none"> <li>* Head up Looking for target</li> <li>* Hips turned to face target</li> <li>* Head and shoulders then over the ball</li> <li>* Angle of approach</li> <li>* Non-Kicking Foot next to the ball</li> <li>* Contact on the ball</li> <li>* Follow through</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<p>Attacking players start in the middle in pairs with a ball</p> <p>Out side each side is one attacking player and a defender</p> <p>The attacking players in the middle play a wall pass, with the second player laying it wide for the winger to attack the space or cross the ball in.</p> <p>One defender, defends the runs of the attacking players and one defender places pressure on the player delivering the cross.</p> <p>Defenders win a point for playing back to the coach.</p> <p>Alternate sides</p>	<ul style="list-style-type: none"> <li>* Aware of defender</li> <li>* Watching the runs of the attacking players</li> <li>* Timing of the cross</li> <li>* Decision Making</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<p>Playing field with two channels out wide on the flanks</p> <p>Within each channel is a player from each team, these players can alternate with team-mates to create opportunities.</p> <p>The other player are looking to play the ball into the wide players whom must then attack the space or cross a ball in for their team-mates</p> <p>Only one player from each team can be in the channels at any one time</p>	<ul style="list-style-type: none"> <li>* Keep Width</li> <li>* Setting yourself up</li> <li>* Type of Cross</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p>	<p>Set teams up to play in a 6 v 6 scrimmage. Observe to see that players are getting crosses involved in the game</p>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <p>    = Players   = Ball   = Cone   = Pass   = Movement off the ball   = Dribble   = Goal   = Zone         </p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>In pairs or three's players pass and move around include</p>	

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