



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dealing with bouncing balls

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

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