

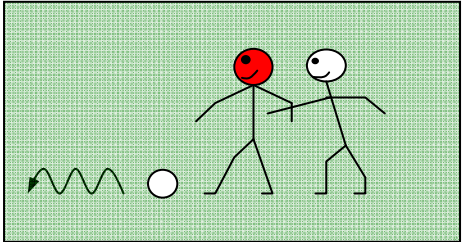
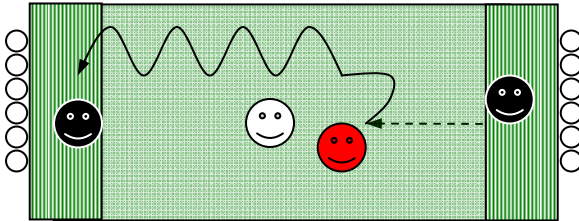
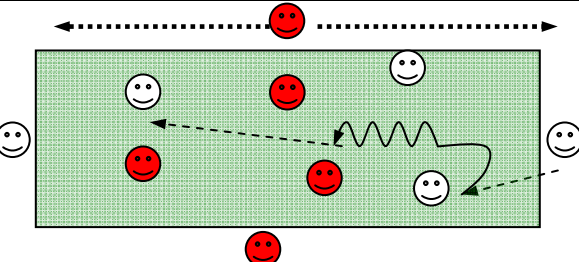
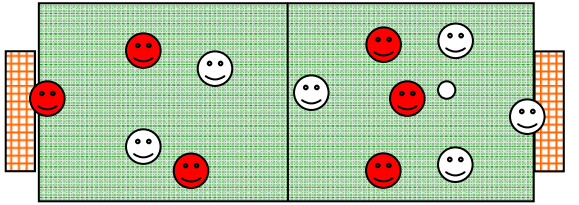


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dribbling for Possession

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Place two players in a grid, one attacker starts with a ball * The players with the ball try's to keep the ball away from the defender * If the attacker player dribbles out of the grid or the defender wins possession the switch roles * Play for 60 seconds * Add dynamic stretching 	<ul style="list-style-type: none"> * Keep the ball moving * Keep the ball at a distance from the defender * Encourage attacking player to be positive and face the defender.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Players work in groups of 4. Two servers, one defender and an attacker * The attacker receives the ball from a server and attempts to turn and dribble into the other zone. * If they are successful they restart and the second server now plays a ball in. * If the defender wins it they become the attacking player and dribble into the zone from where the ball was played * The servers can not receive a pass back 	<ul style="list-style-type: none"> * Quality of the service from the server * Keep the ball on the back foot away from the defender * Use the upper body to help shield the ball * Keep the ball close and moving
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Place the group into two equal teams * Teams go from one end of the grid to the other * The target players pass the ball in and they must possess the ball as a team/individually until they can reach the team-mate on the other-side * The player with the ball must do a take-over with the target player, whom the ball back into the playing area * Teams score a point each time they successfully go from one side of the grid to the other 	<ul style="list-style-type: none"> * Engage the defender * Encourage targets players to move up and down the sidelines * Recognize when to possess and when to penetrate
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 6 V 6 including Goalkeepers * Regular soccer rules 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> <li style="width: 50%;">○ = Ball <li style="width: 50%;">⤗ = Dribble <li style="width: 50%;">😊😊 = Players <li style="width: 50%;">⤵ = Run with ball <li style="width: 50%;">- - - - -▶ = Pass <li style="width: 50%;">▤ = End Zones <li style="width: 50%;">▨ = Goal
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players slowly dribble around with a ball. Stretch</p>	

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