

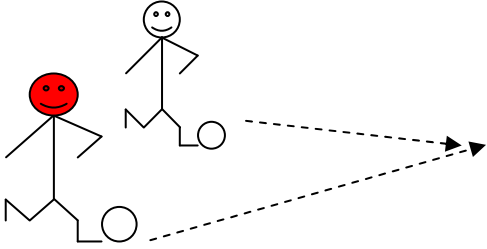


## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Fun Passing Activities

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players are placed into pairs with a ball each</li> <li>* One player pass their ball out in front of them by about 5 or 10 yards</li> <li>* The 2<sup>nd</sup> player then attempts to pass out their ball and hit the first ball while it is still or moving</li> <li>* If they hit the ball they score a point</li> <li>* If it goes pass the target ball, the first player then attempts to hit their ball at his teammates ball</li> <li>* Play continues until a ball has been hit</li> </ul>	<ul style="list-style-type: none"> <li>* Non-Kicking foot next to the ball</li> <li>* Encourage using the instep of the foot</li> <li>* Weight of pass</li> <li>* Players learn to immediately follow their pass after they have played it</li> </ul>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> <li>* Players have a ball each and dribble around the area</li> <li>* Each player attempts to pass their ball and hit another players ball, while they are moving</li> <li>* If the players hits the ball, they get a point</li> <li>* Play the game for 60-90 seconds to see who scores the most points.</li> </ul>	<ul style="list-style-type: none"> <li>* Dribble with head up</li> <li>* Weight of pass</li> <li>* Passing accuracy</li> </ul>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> <li>* Divide the group up into two equal teams</li> <li>* Two players (or coaches) then use a colored vest stretched out and walk around the area.</li> <li>* The teams have to try and pass the ball underneath the vest and between the two people carrying it.</li> <li>* A goal can be scored through either side, but it must be passed to a team-mate.</li> <li>* Progress to allow the players carrying the movable goal to also stop it from going through.</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape, space and awareness</li> <li>* Passing accuracy and quality</li> <li>* Don't force the play</li> </ul>
MATCH CONDITION ACTIVITY	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Let the players play, but encourage players to take players on when in 1 v 1 situations.</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>⚡ = Dribble</li> <li>— = Moveable Goal/ Colored Vest</li> <li>😊 😊 = Players</li> <li>🧱 = Goal</li> <li>-----➔ = Pass</li> </ul>
COOL DOWN	Players lightly jog and skip around the area. Stretch	

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