



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = How to coach quick & deceptive movement

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Have 3 players form a triangle by placing their arms on one another's shoulders * A fourth player stands away from the triangle * Designate one player in the triangle to be a target * The 4th player attempts to tag the target player * The triangle can not run away but must move around to protect the target player. * Keep switching the person tagging and the target player 	<ul style="list-style-type: none"> * Keep triangle connected * Quick & Deceptive lateral movements
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Players are put into pairs with a ball each (activity can start without ball) * Players stand opposite each other in between 2 cones which are about 5/8 yards apart. * One player leads and attempts to beat their opponent to one of the cones * The player who touches the cone first with their ball wins a point * Players can not cross over the line in between the 2 cones 	<ul style="list-style-type: none"> * Keep the ball moving * Bend your knees and lower your center of gravity * Drop your shoulders * Quick acceleration
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Place some 3 x 3 yard squares in the grid * Select 1 or 2 players to be the taggers * Every other player has a ball and dribbles around the area * If a player is one of the squares they can not be tagged * Only one player is allowed in the safe zones * If another player enters the zone, the other player must leave * If a player is tagged the switch roles with the tagger. 	<ul style="list-style-type: none"> * Acceleration away from the defender * Field awareness
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5 V 5 including GK's * Normal Soccer Rules * Let the players play, but encourage players to take players on when in 1 v 1 situations. 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ⤞ = Dribble ▲ = Marker Disc 😊 😊 = Players 🏠 = Goal ➡ = Run ▣ = Safety Zone
<p style="text-align: center;">COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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