



Kentucky Youth Soccer Association Coach Education Lesson Plan



Session - Improving Width out of the Defensive Third

Coach - Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>One big Goal, Two Counter Goals, 3 Defenders, 3 Midfielders play against two attackers. Coach plays a long ball over the top for the GK who looks to play the ball out to one of his defenders. The defenders and midfielders have to look to make 4 or 5 passes before passing into one of the two counter goals. If the attackers win it they go to the big goal</p>	<ul style="list-style-type: none"> • Players start high-up the field • GK Distribution • Wide players go out to the flanks • Central players push up then drop back • Positive first touch • Lead your player into their next pass • Supporting angles • Move up with the Play
<p>MATCH RELATED ACTIVITY</p>	<p>As above, but now add more attackers to create more pressure on the players playing the ball out</p> <p>Make sure to vary the service of balls into the GK's</p>	<ul style="list-style-type: none"> • As Above • Communication • Opening body up to receive the pass • Look all around
<p>MATCH RELATED ACTIVITY</p>	<p>Divide the field into thirds, as shown in the diagram Play 6 v 6 on the field There can only be two player from each team in each section at any one time Players can change thirds</p>	<ul style="list-style-type: none"> • Combination Play • Keep the field Wide and Long • All of the above
<p>MATCH CONDITION ACTIVITY</p>	<p>Normal Soccer rules encourage everything else that has gone on throughout the practice.</p> <p>Very little coaching should take place, just allow the players to play</p>	<p>KEY TO DIAGRAMS</p> <p> = Players = Goal-Keeper = Coach = Dribble = Pass = Goal = Ball </p>
<p>COOL DOWN</p>	<p>In pairs or three's players throw and move around include stretching</p>	

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