



Kentucky Youth Soccer Association Coach Education Lesson Plan



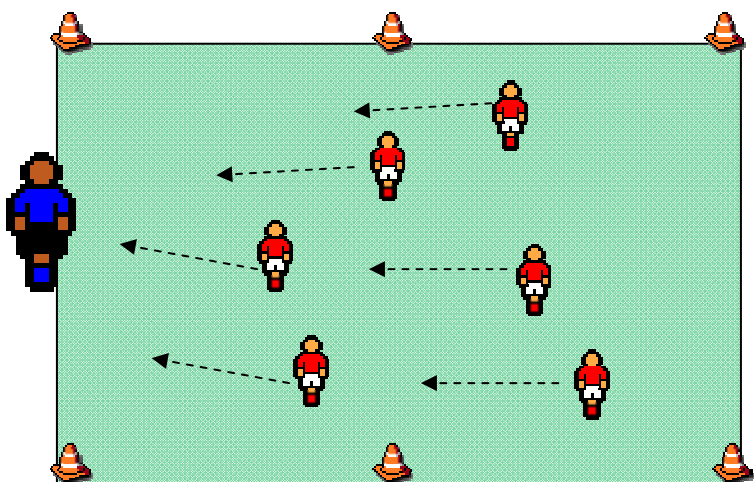
Topic = Motivational Warm-Up Activities

Coach= Adrian Parrish

To combat the widespread lack of physical education classes in primary schools, the responsibility of incorporating general games to train motor skills must be taken upon by the coach. Coaching methodology dictates that warm-up activities should relate to the main topic, but with younger players the more fun based you make the start of your session the more motivated they will be to play.

Warm-Up activities are not only to prevent injury and warm-up the heart and circulation, but also to help players prepare mentally and for developing coordination.

Warm-Up/Opening Exercises

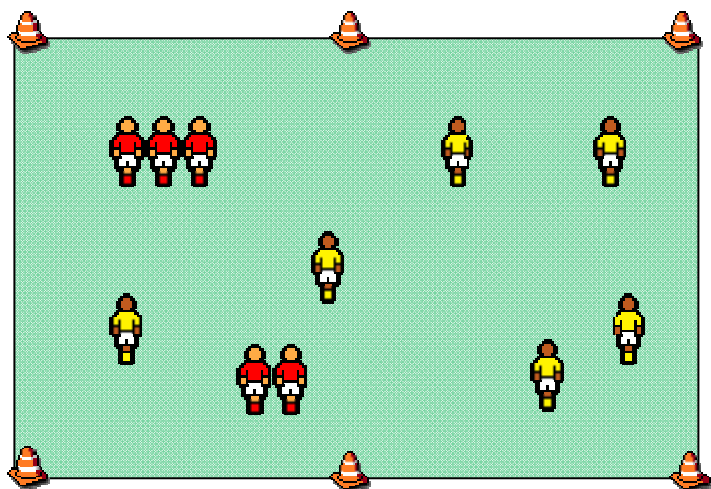


Sneaky Tag

- * Grid is approximately 20 x 25 yards
- * The coach stands on one end of the grid with their back to the players
- * The players try to sneak up to the coach who continues to face the other way and tap him/her on their back
- * The coach can turn around and if the player is moving they must go back to the start
- * The winner is the player to tap the coach

Progression

- * Up on turning around the coach chase the players back as they attempt to make it back to the start.
- * Add a soccer ball



Chain Tag

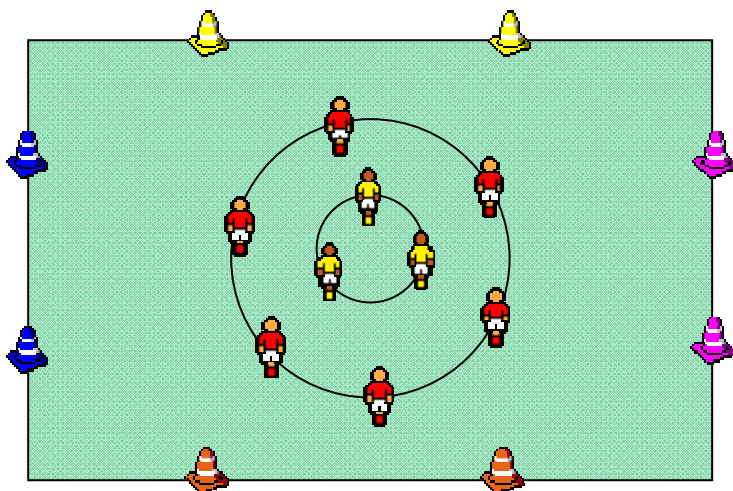
- * Grid is approximately 20 x 25 yards
- * Start with three players linked up to make a chain
- * They attempt to tag the other players in the area
- * When a player is tagged they join the chain or start creating another one
- * Three players is the maximum chain length

Progression

- * All players start as a chain see which chain can tag the most amount of chains in a set time

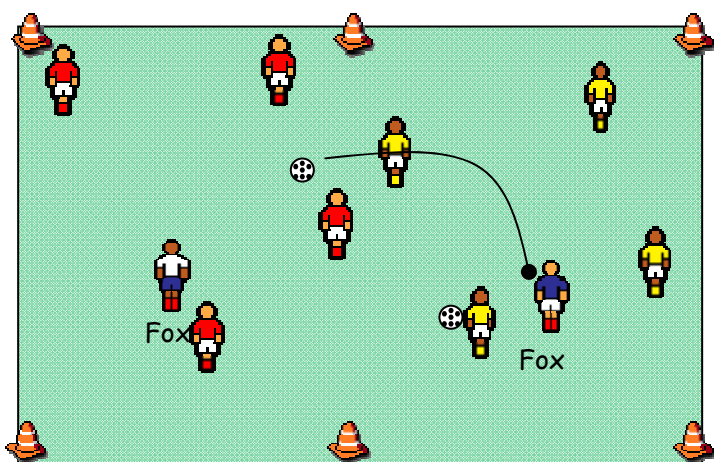


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Hunters & Rabbits

- * Make a small circle in the middle of a larger one
- * Outside of them mark four gates, Each one a different color
- * Place some players in the middle circle (Hunters) and the others on the outer circle (Rabbits).
- * Rabbits run clockwise around their circle. Hunters run counter clockwise around theirs.
- * The coach yells out the color of a gate and the rabbits have to try and make it through that gate before getting tagged by the hunters.
- * If they are tagged they players switch roles.
- * You can vary the running style around the circle (heel kicks, side steps)

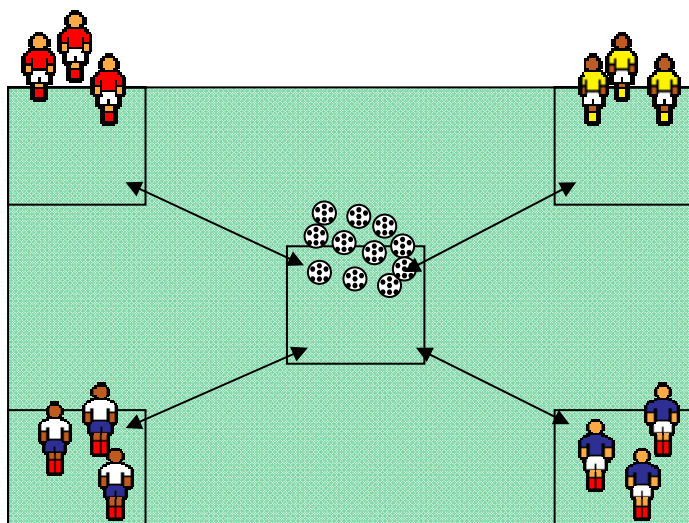


Hunt The Fox

- * Make two equal teams, and within each team designate a player a different colored vest (The Fox)
- * Each team is given one ball
- * They throw the ball around to try and hit the opposing teams fox below the knee
- * Players cannot run with the ball anymore than 5 steps
- * Teams can protect their fox by blocking and deflecting the ball thrown in from the opposing team.

Progression

- * Players now kick and pass the ball around to try and hit the fox



Rob The Nest

- * Place five squares inside your grid, one in each corner and one in the middle
- * Divide the group into each of the four corners
- * Put all the balls, and some extras if available, in the middle
- * One player from each corner goes to the middle and takes one ball back to their corner, then the next player goes.
- * The winning team is the one that has the most amount of balls in their corner when there are none remaining in the middle

Progression

- * Players have to dribble the ball back
- * When there are none left in the middle, players play for 60 more seconds and can steal from any other teams corner. Corners cannot be protected.