

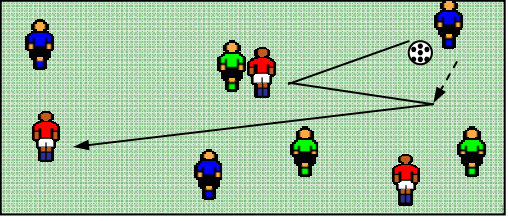
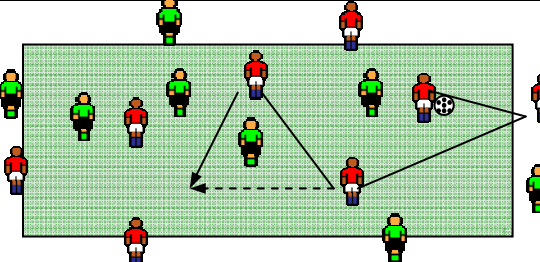
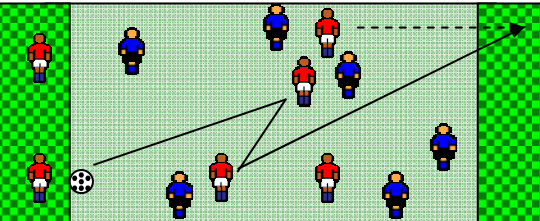
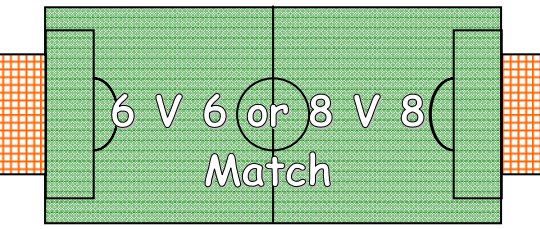



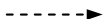
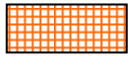



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Playing Forward, Back and Through

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Three teams of three players * Two teams work together to keep the ball away from the other team * Defensive team becomes the attacking team if they win possession or force one of the attacking teams to make a mistake * Attacking teams are restricted to three touches or less 	<ul style="list-style-type: none"> * Draw the defensive team in * Be patient as a unit * Be aware of the defenders positioning (play what they give you) * Support Play <p>Guided Discovery Question What do you have to do with your body to be aware of your surroundings as you check to the ball?</p>
<p style="text-align: center;">SMALL SIDED ACTIVITY</p> 	<ul style="list-style-type: none"> * 4 V 4 with 4 players from each team on each side of the grid * Players in the middle have unlimited touches * Players on the outside have a two touch limit but can not be challenged * Outside target players can not play to each other * Teams can score a point if they can pass the ball from one side to the other * Rotate players every 3 to 4 minutes 	<ul style="list-style-type: none"> * Change of speed to support the pass * As one player checks too, there also has to be players checking away * Look for 1-2 combinations * Be aware of the defenders positing (play what they give you) * Support Play <p>Guided Discovery Question How and why do you draw the defensive team in?</p>
<p style="text-align: center;">EXPANDED SMALL SIDED ACTIVITY</p> 	<ul style="list-style-type: none"> * Place two end zones at the end of a 65 x 45 grid * End zones are a free area and each one can be entered by the team that has possession * The ball can not go directly from end zone to end zone * 3 touch maximum in the middle * Players can dribble or pass into the end zone (under control) * A point is scored when you successfully transfer the ball from one side to the other while maintaining possession 	<ul style="list-style-type: none"> * Look deep first * If it is not on to play forward, be patient * If the checking player does not receive the ball, he/she must spin out to create the space <p>Guided Discovery Question Why is it important to over hit your long passes?</p>
<p style="text-align: center;">LARGE GAME</p> 	<ul style="list-style-type: none"> * 6 v 6 for U12 Teams * 8 V 8 for U14 Teams and above * Normal soccer rules * Little to NO coaching, but looking for the patterns of play that you have just covered 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  = Players </div> <div style="text-align: center;">  = Ball </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  = Pass </div> <div style="text-align: center;">  = Movement/Run </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  = Goal </div> <div style="text-align: center;">  = End Zone/Safety Zone </div> </div>
<p>COOL DOWN</p>	<p>Light jogging and static stretching</p>	

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