



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Pressure

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| FUNDAMENTAL – WARM UP | ORGANIZATION | KEY COACHING POINTS |
|-----------------------------------|---|---|
| | <ul style="list-style-type: none"> * Place the team into two groups of five * One team keeps possession by passing the ball around against 1 defender * Every 30 seconds another defender is added * When the defenders win possession or force the team in possession to kick it out the ball is transferred over and roles of the teams are reversed. | <ul style="list-style-type: none"> * Immediate Chase * Body Shape, bent knees and sideways stance * Force the player in possession in to making the mistake * Tackling |
| MATCH RELATED ACTIVITY | <ul style="list-style-type: none"> * 2 v 2 to small games (progress to 3 v 3) * Played in a 15 yard x 22 yard area * One attacking player starts on a cone, half way down the grid * Ball gets played into the attacking player and the passing player come out to support * Two defenders come out to create 2 v 2 * Goals are scored by dribbling through the goals * Award defending team two points for winning it and going on to score. Rotate roles when the first team scores 10 | <ul style="list-style-type: none"> * Immediate Chase, move forward before the ball has been passed * Delay the player from turning - force the play back * Double up as space becomes limited * Communication - Instructions from covering defender |
| MATCH RELATED ACTIVITY | <ul style="list-style-type: none"> * 6 v 6 including Goalkeepers * Each team attacks/defends three goals * A Goalkeeper is placed in each central goal * Put in an halfway line so the offside rule applies * Teams can score one point by dribbling through one of the side goals * Teams score two points by scoring in the big goal past the keeper * Teams play with 3 Def and 2 Strikers | <ul style="list-style-type: none"> * Force the play centrally to try and go straight to goal * Pressure, Cover, Balance * Make it compact * Upon winning the ball, decision to try and penetrate |
| MATCH | <ul style="list-style-type: none"> * 9 V 9 * Normal Soccer Rules, including offside * Little to NO coaching, play the game with no restrictions * Teams play in a 1-3-2-3 formation * If the ball can be won back immediately go and win it | <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Players = Pass = Run/Player Movement = Goal </div> <div style="text-align: center;"> = Goalkeeper = Dribble = Ball = Con </div> </div> |
| COOL DOWN | Players pass and move in pairs. Stretch | |