

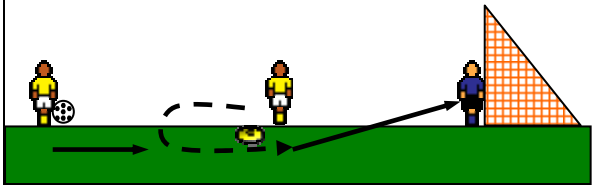
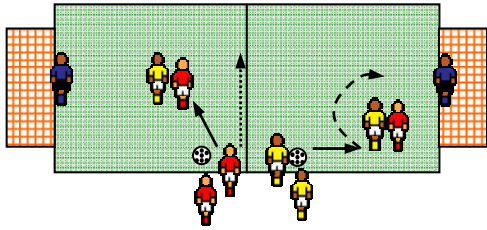
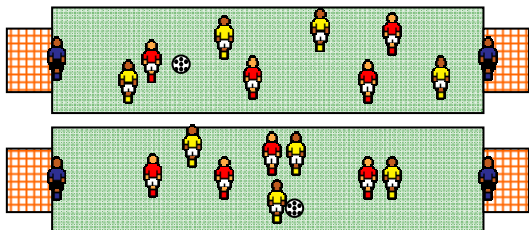
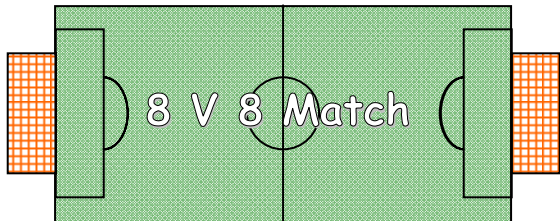










Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Receiving the ball with your back to goal

Coach= Adrian Parrish

| FUNDAMENTAL – WARM UP | ORGANIZATION | KEY COACHING POINTS |
|---|---|--|
|  | <ul style="list-style-type: none"> * One player starts on a cone and checks back to receive the pass from the server * The receiving player then turns with the ball and passes the ball into the keepers hands * As the warm-up progress the receiving player can then shoot the ball * Rotate roles every 8 attempts * Vary the service from being in the air and on the ground | <ul style="list-style-type: none"> * Check back at an angle * As you check back turn your body slightly to a side * Passing player needs to play the ball into the front foot <p>Guided Discovery Question What other directions can you move to create space for yourself.</p> |
| <p style="text-align: center;">MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> * Divide the group into two teams of three plus two goalkeepers * In each half place three attackers and 1 defender * The one attacker starts on the field being marked by the defender * The service comes in from the side and as it is played in the player joins the attack to create a 2 v 1 * The receiving player can either turn and go to goal or pass to their team mate * If the defender wins it, the just play it out. Rotate roles | <ul style="list-style-type: none"> * Create space for yourself * Be aware of the defenders position * Pace of the pass into the receiving striker * Disguise of the supporting runs * Progress to varying the service * Make it a competition between the two teams <p>Guided Discovery Question How does the run of the supporting player determine on what you do when receiving the ball?</p> |
| <p style="text-align: center;">MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> * Create two long but narrow fields, approximately 45 yards by 25 yards * Play two games of 5 v 5 including goalkeepers on each field * No Offside's and no corners, if the ball goes out for a corner it goes back to the attacking teams goalkeeper | <ul style="list-style-type: none"> * Team Shape * Look forward quickly <p>Guided Discovery Question What can you do as a striker to create as much space for your teammates?</p> |
| <p style="text-align: center;">MATCH</p>  | <ul style="list-style-type: none"> * 8 V 8 including GK's or whatever numbers work out for group * Add extra points for goals scored if attacking player receives the ball with their back to goal and turns to score. * Normal soccer rules * Little to NO coaching | <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  = Players  = Pass  = Turn  = Run without the ball  = Goal </div> <div style="text-align: center;">  = Ball  = Cone  = Goalkeeper </div> </div> |
| <p style="text-align: center;">COOL DOWN</p> | <p>Players pass and move in pairs. Stretch</p> | |

Website: www.kysoccer.net Telephone: 859-268-1254 ext 14 Email: adrianparrish@kysoccer.net