



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Speed of Play

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players form a circle</li> <li>* Start with one ball</li> <li>* First player passes the ball to the second person on their right</li> <li>* This player then passes back to the first person on their left</li> <li>* The ball is then played on to the second person on their right</li> <li>* This process continues around the circle</li> </ul>	<ul style="list-style-type: none"> <li>* Two Touch</li> <li>* Quality of the pass</li> <li>* Keep on the balls of your feet</li> <li>* Adjust your body to receive the pass</li> <li>* Communication</li> <li><b>Progression</b></li> <li>* Add another soccer ball</li> <li>* Play the opposite way around the circle</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* In groups of 4 or 5 players pass the ball around in a 12 x 10 yard grid</li> <li>* They number themselves 1 through to 5</li> <li>* When the coach calls out a number they collect a colored vest from the center</li> <li>* Move in a clockwise direction to become a defender in the next area</li> <li>* Work for 60 seconds to see how many times they can win possession or force the other team to make a mistake</li> <li>* Winning team is the one with least scored against them</li> </ul>	<ul style="list-style-type: none"> <li>* First touch away from the defender</li> <li>* If not under pressure engage the defender</li> <li>* Support play</li> <li>* Open up to receive the pass</li> <li>* Keep the ball moving</li> <li>* Communication</li> <li><b>Progression</b></li> <li>* Offensive team play 2 touch</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 5 v 5 Scrimmage (Inc GK's) Plus target players</li> <li>* If a goal is assisted by playing off a target player it counts as two goals</li> <li>* Normal goal is classed as one</li> <li>* Switch target players after one team scores 5 points</li> </ul>	<ul style="list-style-type: none"> <li>* Look to play into target players early</li> <li>* Movement off the ball</li> <li>* Transition of play</li> <li><b>Progression</b></li> <li>* Play two touch</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 3 teams of 5 normal soccer rules</li> <li>* One team sits out</li> <li>* Games are played for 3 minutes</li> <li>* Winning team stays on the field or first team to score two goals win's</li> <li>* Players pick their own teams</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li> = Players</li> <li> = Pinnie/Colored Vest</li> <li> = Pass</li> <li> = Movement without the ball</li> <li> = Goal Net</li> </ul>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

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