

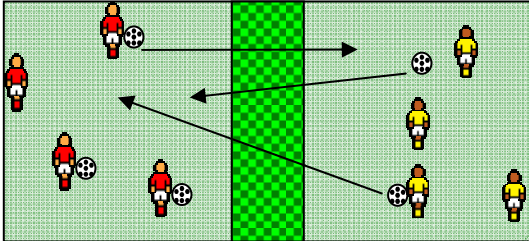
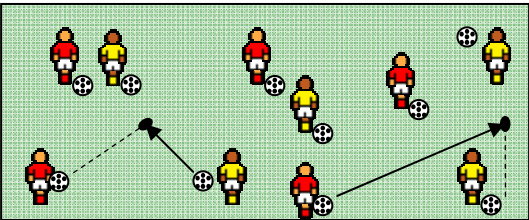
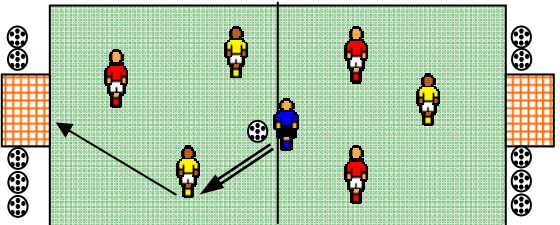
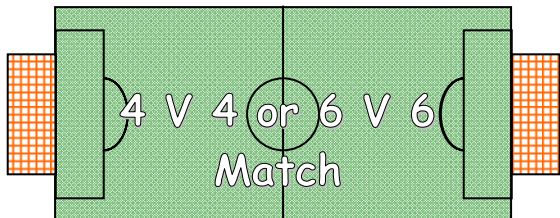




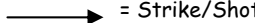




## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Technique of Striking a ball for Accuracy

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Divide the group in to two teams</li> <li>* Add a 5 yard wide neutral zone in the middle which players can not enter.</li> <li>* Have an odd number of balls</li> <li>* Play for 60 seconds</li> <li>* The objective is to strike the ball into the opponents half and keep it in there.</li> <li>* The team with the least amount of balls in their half are the winners. Ball out or in the neutral zone do not count</li> </ul>	<ul style="list-style-type: none"> <li>* Non Kicking foot planted next to the ball</li> <li>* Eyes on the ball, lean over it slightly</li> <li>* Ankle locked</li> <li>* Knee Bent</li> <li>* Strike through with your laces</li> </ul> <p><b>Progression</b> Ball can not be played back first time, it has to be laid off for a team mate to strike</p>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Players work in pairs</li> <li>* Both players are dribbling, the leading player on his or her discretion will touch the ball out at an angle into space.</li> <li>* When the ball is touched out the following player strikes their ball to try and hit it.</li> <li>* The player scores a point every time they hit the ball, 2 points if the ball is still in motion if they connect.</li> <li>* Roles are reversed after each attempt</li> <li>* First player to 10 wins</li> </ul>	<ul style="list-style-type: none"> <li>* Pace of the shot/strike</li> <li>* Non Kicking foot pointing towards target</li> <li>* Shoulders are locked as you strike through the middle of the ball.</li> </ul> <p><b>Guided Discovery</b> Which part of your foot should you use if you are looking to strike with more accuracy?</p>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Two teams of three with one neutral player</li> <li>* The Neutral player can not score, but rotate this position every 2 or 3 minutes</li> <li>* Play to small goals, without goalkeepers</li> <li>* Teams score points if the score from their own defensive half and one goal if scored in the attacking half</li> </ul>	<ul style="list-style-type: none"> <li>* Create an angle/space to shot</li> <li>* Pick out the area of the goal to aim at</li> <li>* Head and Shoulders over the ball</li> </ul> <p><b>Guided Discovery Question</b> Which part of the goal should be looking to what do we need to do with our body to accomplish that?</p>
<p style="text-align: center;"><b>MATCH</b></p> 	<ul style="list-style-type: none"> <li>* 4 V 4 for U8 Teams/Players</li> <li>* 5 V 5 for U10 Teams/Player</li> <li>* 6 v 6 for all age groups above</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  = Players         </div> <div style="text-align: center;">  = Ball         </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  = Touch         </div> <div style="text-align: center;">  = Pass         </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  = Strike/Shot         </div> <div style="text-align: center;">  = Goal         </div> </div> <div style="margin-top: 10px; text-align: center;">  = Neutral Zone         </div>
<p><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

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