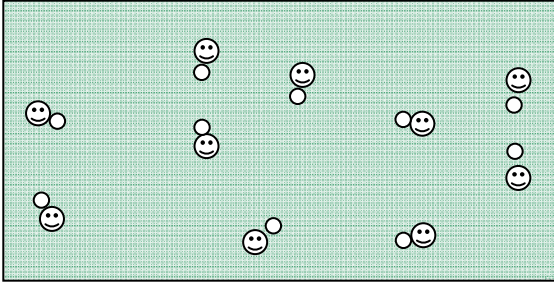
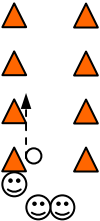
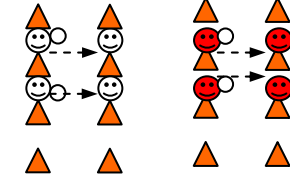
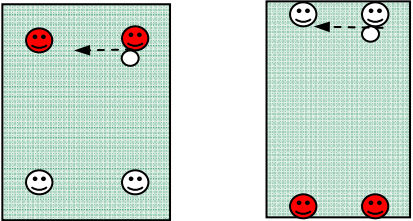




Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Recovery Session for U11-U14

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
 <p>Variations: Any other types of tag games to get players moving and having fun.</p>	<p><i>Tail Tag</i></p> <ul style="list-style-type: none"> • Players each grab a training vest and place it inside the back of their shorts where it hangs out like a tail. • Play for 1 min and see how many tails you can collect by grabbing them from another player. Player with most tails after 1 min is the winner. If you lose your tail you are still in the game. <p><i>Tail Tag w/ ball</i></p> <ul style="list-style-type: none"> • Same as above but now each player must dribble a ball and try to steal as many tails as possible in 1 min. <p><i>Musical Balls</i></p> <ul style="list-style-type: none"> • All players but one or two have a ball. On coaches command, players leave their ball and try to secure someone else's ball. The players without a ball have to go outside the grid and perform an activity- Star Jumps, Mule Kicks, etc. <p><i>Dynamic Stretching-</i> See activities under coaching points</p>	<p>Tag Games and Musical Balls</p> <ul style="list-style-type: none"> • Dynamic movement with and without the ball to lactic acid buildup moving out of muscles • Awareness of space, opponents, time. • Problem solving • Technical skill under stress • Anticipation <p>Dynamic Stretching (Stretching while moving)</p> <ul style="list-style-type: none"> • Jogging, backward jogging, Side to side slides, High Knees, Bum Kicks, Straight leg kickouts, Side leg kickouts, Up-Over-outs, up-over-ins, Knee to chest into lunge, • Add a series of ¾ speed running patterns at the end and then stretch whatever else is needed
<p>MATCH RELATED ACTIVITY</p> <p>Individual</p>  <p>Pairs</p> 	<p><i>Technical Skills Ladder- 2 or 3 teams compete vs each other</i></p> <ul style="list-style-type: none"> • Individual- Players perform various dribbling activities up one side of the ladder and down the other side. Dribbling Activities could include: Through cones, rt and lft ft only, sole of foot, pendulum touches, up 2 back one, change of direction moves at each cone, zig zag through cones, etc... • Pairs- Players pair up and move up and down the ladder performing various technical activities. First team to have all of their players get through the ladder wins. Both players in a pair have to complete each skill to complete in the sequence. If the ball drops the pairs must start back at top of ladder. • Pairs Skills could include: Volleys, ½ volleys, thigh volleys, chest volleys, head volleys, pairs heading, etc... 	<ul style="list-style-type: none"> • Improving technical speed and comfort with the ball • Proper dribbling technique with varied surfaces of the foot • Proper volleying and receiving techniques • Teamwork • Communication <p>Variations: Allow players to come up with different individual and pairs challenges during the competition</p>
<p>MATCH RELATED ACTIVITY</p> 	<p><i>2V2 Team Heading Game</i></p> <ul style="list-style-type: none"> • Area 15 yards x 12 yards • One team starts with the ball at their goal line and players head the ball back and forth attempting to head the ball across the opposing teams endline • Opposing team players play as goal keepers and may not move off the endline • If the team in possession drops the ball, it turns over to the opposing team. If the opposing team stops the ball from going across the endline, they start with the ball where they saved it. • Teams score by heading it across the opposing teams endline 	<ul style="list-style-type: none"> • Communication • Proper Heading Technique • Keep knees bent and feet moving while heading back and forth • Use arms for balance <p>Variations: Allow players to keep ball up in the air using different parts of their body while still scoring with their head.</p>
<p>COOL DOWN</p>	<p>Light jogging and stretching</p>	

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