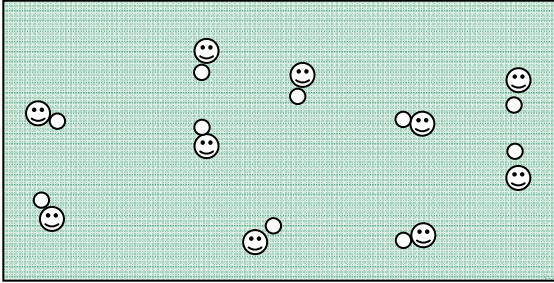
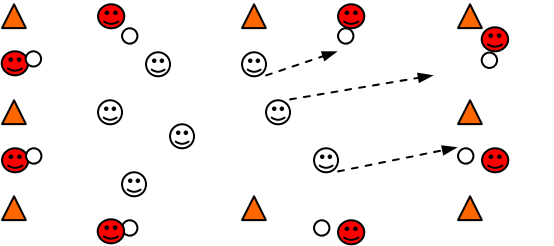
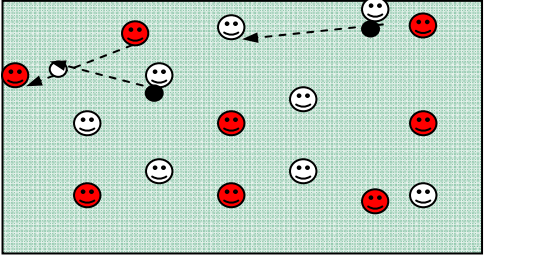




## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Recovery Session for U15 and Above

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
 <p><b>Variations:</b> Coach can ask players to perform various dribbling techniques and movements</p>	<p><u>Technical Dribbling Movement</u></p> <ul style="list-style-type: none"> <li>All players have a ball and dribble in an unrestricted space.</li> <li>On their own, players work on change of directions moves, change of pace, using varying surfaces of the foot, moves to beat an opponent.</li> </ul> <p><u>Dynamic Stretching (Stretching while moving)</u></p> <ul style="list-style-type: none"> <li>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,</li> <li>Add a series of ¾ speed running patterns at the end.</li> <li>To complete the warm-up, players should pair up and partner stretch</li> </ul>	<p><b><u>Aerobic: Low Intensity Activity</u></b></p> <ol style="list-style-type: none"> <li>Maintain HR at 40-65% of max</li> <li>Should be short intervals that alternate low intensity work with a rest period</li> <li>Activities should emphasize mobility and Flexibility</li> </ol> <p><b><u>Dribbling-</u></b> Change of pace, deception, ball familiarity, using all surfaces of the foot</p> <p><b><u>Dynamic Stretching (Stretching while moving)</u></b></p> <ul style="list-style-type: none"> <li>Should focus on low intensity movement that improves flexibility in hips, ankles, knees, lower back, and hamstrings</li> <li>Should aid in recovery by helping to remove Lactic Acid buildup in muscles.</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<p><u>Technical Skills Window-</u> 2 Groups of 8</p> <ul style="list-style-type: none"> <li>Inside players “visit” outside players in random order while performing a given skill.</li> <li>Record team score for 90-second intervals. Rotate inside and outside players after each interval.</li> <li>Change activity after two rounds.</li> </ul> <p>Windows Skills include: 1-2 touch passing, receiving and turning, Volleys, ½ volleys, thigh volleys, chest volleys, head volleys,</p>	<ul style="list-style-type: none"> <li>Improving technical speed and comfort with the ball</li> <li>Proper passing and receiving technique</li> <li>Angle and distance of support</li> <li>Communication</li> <li>Vision</li> </ul> <p><b>**For increased repetition of skill sets, create two or more windows groups.</b></p>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<p><u>8V8 Possession</u></p> <ul style="list-style-type: none"> <li>Area 40 yards x 35 yards</li> <li>One team starts with the ball at their feet and tries to maintain possession.</li> <li>The opposing team has two balls they can use to throw and attempt to hit the other teams ball while they are in possession .</li> <li>If the defending team can successfully throw a ball and hit the other teams ball, possession immediately changes and roles reverse.</li> <li>Play a series of 5 min games. The team who has possession of the ball at their feet last in the winner of that round.</li> </ul>	<ul style="list-style-type: none"> <li>Communication- both attacking and defending</li> <li>Speed of play- clean technical passing and receiving</li> <li>Angle and Distance of support</li> <li>Creating width and depth when in possession</li> <li>Changing the point of attack quickly</li> <li>Shrinking the field defensively</li> <li>Making play predictable defensively</li> </ul> <p><b><u>Variations:</u></b> To increase speed of play, give defending team a 3<sup>rd</sup> ball.</p> <p><b>**For increased repetition of skill sets, create two groups of 4V4 possession</b></p>
<p><b>COOL DOWN</b></p>	<p>Light jogging and stretching</p>	