



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = U6 Dribbling & Passing

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* All the players have a ball and dribble around in the grid</li> <li>* The coach moves around in the grid</li> <li>* The players attempt to pass the ball and hit the coach</li> <li>* Each time they hit the coach below the knee they score a point</li> <li>* First player to score 5 points wins</li> </ul>	<ul style="list-style-type: none"> <li>* Keep the ball close</li> <li>* Looking up as dribbling around, to find the coach</li> <li>* Hit through the middle of the ball to keep it on the ground.</li> </ul> <p><b>Guided Discovery Question?</b></p> <ul style="list-style-type: none"> <li>* Is it easier or harder to hit the coach if you are close or from a distance?</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* All players have a ball and the coach starts in the middle of the grid</li> <li>* The players attempt to dribble from one side to the other</li> <li>* If the coach wins the ball or the player dribbles off the side of the grid, the player goes to the middle</li> <li>* Players can freeze the coach by attempting a dribbling move.</li> <li>* Coach must start fairly passive and allow the kids a few attempts to succeed.</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage the players to keep the ball close</li> <li>* Look for the space and accelerate into it</li> <li>* Encourage the player to attempt a move</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* As a progression from the previous activity, a channel is placed in the middle of the grid.</li> <li>* The winning player from the first game starts in this channel and the coaches now stand on the outside.</li> <li>* Players attempt to dribble down the middle of the channel for 2 points</li> <li>* Players can also pass to the coach and receive the ball on the other side.</li> <li>* The defensive player must stay in the channel, if they win a ball the player that loses it must join them.</li> </ul>	<p><b>Guided Discovery Question?</b></p> <ul style="list-style-type: none"> <li>* How do you know if you should pass or dribble?</li> </ul> <p>Don't over correct the technique of passing these activities are to introduce the concept.</p>
<p style="text-align: center;"><b>MATCH</b></p>	<ul style="list-style-type: none"> <li>* 4 V 4 or 3 v 3 no GK's</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Players</li> <li> = Coaches</li> <li> = Pass</li> <li> = Goal</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Ball</li> <li> = Dribble</li> <li> = Cone</li> </ul> </div> </div>
<p><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

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