



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Winning Possession of the Ball

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Every player has a ball and dribbles in a 20 x 18 grid * Coach calls out change, players put a foot on their ball and go and gain possession of another players ball. Upon retrieving a new ball, encourage a change of speed * Proceed for 2-3 minutes * Coach then starts taking balls out * Player s that don't have a ball are not out but will keep running around and try to get one when the coach calls out 	<ul style="list-style-type: none"> * Moving around with head up * Get to the ball quickly * Touch into space to accelerate away
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Pick two defenders, who start without a ball * Every other player has a ball and dribbles in a 22 x 18 yard (Size of grid varies on number & age of players) * The defenders enter the grid and try to win possession of a ball. Upon winning it they have to try and dribble it back to the coach * The player that lost possession can try to win it back * If the ball gets to the coach, the player that lost it becomes a defender 	<ul style="list-style-type: none"> * Desire to win the ball * Step across the dribbler as they take a touch * Place foot or body in between ball and dribbler * Accelerate away upon winning possession
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 1 v1 to small goals (progress to 2 v2) * Teams of 4 with two players from each team placed next to the goal * Coach passes a ball into one side for a player to receive and dribble the ball out. * One player from the other side comes out to try and win the ball. * Play until a goal has been scored all the ball goes out of bounds 	<ul style="list-style-type: none"> * Immediate Chase, go to the ball. Younger players will want to go directly to the goal * Force players away from the goal * Upon winning possession accelerate away to penetrate
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 5 V 5 * Normal Soccer Rules * Little to NO coaching, play the game with no restrictions 	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Coach </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;"> = Pass </div> <div style="text-align: center;"> = Dribble </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;"> = Run/Player Movement </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;"> = Goal </div> <div style="text-align: center;"> = Ball </div> </div>
<p style="text-align: center;">COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	