



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Session - Improving Width out of the Defensive Third

Coach - Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>One big Goal, Two Counter Goals, 3 Defenders, 3 Midfielders play against two attackers. Coach plays a long ball over the top for the GK who looks to play the ball out to one of his defenders. The defenders and midfielders have to look to make 4 or 5 passes before passing into one of the two counter goals. If the attackers win it they go to the big goal</p>	<ul style="list-style-type: none"> <li>• Players start high-up the field</li> <li>• GK Distribution</li> <li>• Wide players go out to the flanks</li> <li>• Central players push up then drop back</li> <li>• Positive first touch</li> <li>• Lead your player into their next pass</li> <li>• Supporting angles</li> <li>• Move up with the Play</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<p>As above, but now add more attackers to create more pressure on the players playing the ball out</p> <p>Make sure to vary the service of balls into the GK's</p>	<ul style="list-style-type: none"> <li>• As Above</li> <li>• Communication</li> <li>• Opening body up to receive the pass</li> <li>• Look all around</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<p>Divide the field into thirds, as shown in the diagram Play 6 v 6 on the field There can only be two player from each team in each section at any one time Players can change thirds</p>	<ul style="list-style-type: none"> <li>• Combination Play</li> <li>• Keep the field Wide and Long</li> <li>• All of the above</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p>	<p>Normal Soccer rules encourage everything else that has gone on throughout the practice.</p> <p>Very little coaching should take place, just allow the players to play</p>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <p>   = Players   = Goal-Keeper   = Coach   = Dribble       = Pass   = Goal       = Ball         </p>
<p><b>COOL DOWN</b></p>	<p>In pairs or three's players throw and move around include stretching</p>	