



**KENTUCKY YOUTH SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Session - Movement off the ball

Coach - Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 3 to 4 players per square * Players play 2 touch * After each pass a the player needs to jog around a cone in the corner * They then come back into the area to receive the next pass * You can progress to moving around 2 cones 	<ul style="list-style-type: none"> * Weight of Pass * Lead team-mate into their next pass * Open body up to receive the pass by using the full area * Check to the ball with pace * Communication
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Three teams of 3 or 4 players * Players play 2 or more touches * Each team has a ball * You can not pass the ball to somebody on the same team as yourself * After each pass you must go and search for one of the other balls from the other team 	<ul style="list-style-type: none"> * Movement after the pass to create space * Thinking ahead, know where you are going before you receive the pass * Field Vision and Awareness
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4v4v4 with Two Goalkeepers * Start with one defensive team in the middle * If they win the ball they can go and try to score in either goal * If they score which ever team gave possession away goes in the middle * The two attacking teams score a point for each 8 consecutive pass they make * Teams in possession can pass to their own team 	<ul style="list-style-type: none"> * Using the full width and depth when in possession * Checking in to the space to receive the pass * Reading the game, by thinking ahead * GK's can be used for keeping possession
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Keep field wide and long * Team Shape 	<p align="center">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Ball = Cone = Pass = Run = Goalkeeper = Goal
<p>COOL DOWN</p>	<p>In pairs or three's players pass and move around include</p>	