



# Kentucky Youth Soccer Association

## Coach Education Lesson Plan

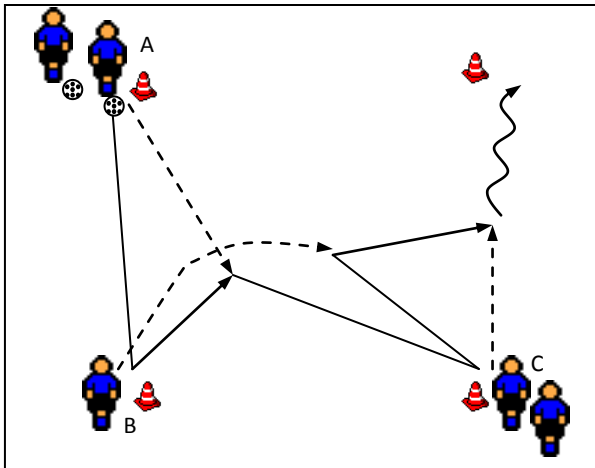


**Topic : Functional Training for Wide Players**

**Coach : Adrian Parrish**

**Training Objectives:** To help the wide players #7 (RW), #11 (LW), #2 (RB), #3 (LB) to recognize when and why to create and exploit the width in the attacking half.

### Warm Up



**Duration: 12-15 Mins**      **Activity Intensity: Low**  
**Repetitions: 15**              **Recovery Time: 2 minutes**

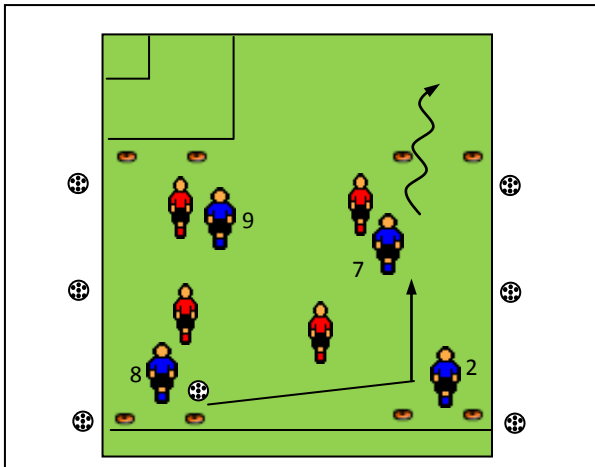
**Organization**

- \* 15 x 15 yard grid with 5-6 players
- \* A passes to B. B plays it back at an angle into the grid to player A
- \* A passes the ball to player C, as player B overlaps player A
- \* Player A moves to player B spot. C plays a give & go with player B
- \* Player B moves to player C spot. C dribbles to the cone and start
- \* Activity continues

**Coaching Points**

- \* Pace of Pass, Lead players into the pass
- \* Timing of Runs
- \* Communication – Eye Contact

### Small Sided Activity



**Duration: 20 Mins**              **Activity Intensity: Medium**  
**Repetitions: 15-20**              **Recovery Time: 2-3 minutes**

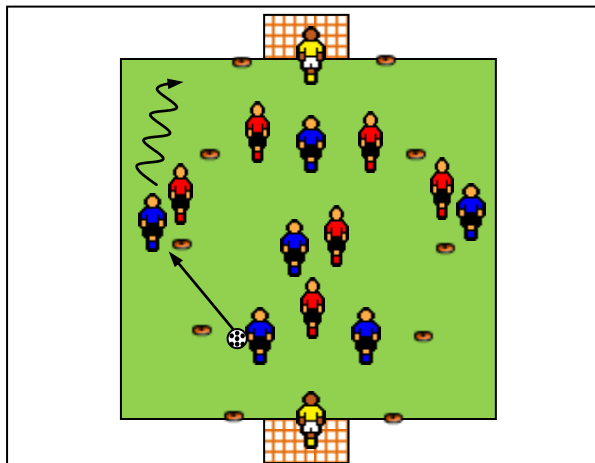
**Organization**

- \* Place 2 small goals just over the halfway line and 2 before the 18 yard box
- \* Play 4v4, working with the 2(RB), 7(RW), 9(CF), 8(CM)
- \* Opposition has a LB, CB, CM & LM
- \* Teams score by dribbling through the goals
- \* Work on both sides of the field

**Coaching Points**

- \* Patterns of play, including overlaps, under-laps, wall passes
- \* Checking Away, Checking To
- \* Create Numbers up Situations

### Expanded Small Sided Activity



**Duration: 25-30 Mins**              **Activity Intensity: Medium-High**  
**Repetitions: 8-10**              **Recovery Time: 2-3 minutes**

**Organization**

- \* 7v7 on a 60 x 40
- \* Place two arced channels on each side, with no restrictions in the channels
- \* Play teams in a 2-3-1
- \* Goals scored from an assist in a wide area equal 2 points
- \* Goals scored from an assist in a central area equal 1 points

**Coaching Points**

- \* Team Shape- Width
- \* Look to create 1v1 or numbers up situations
- \* Service and choice of cross.



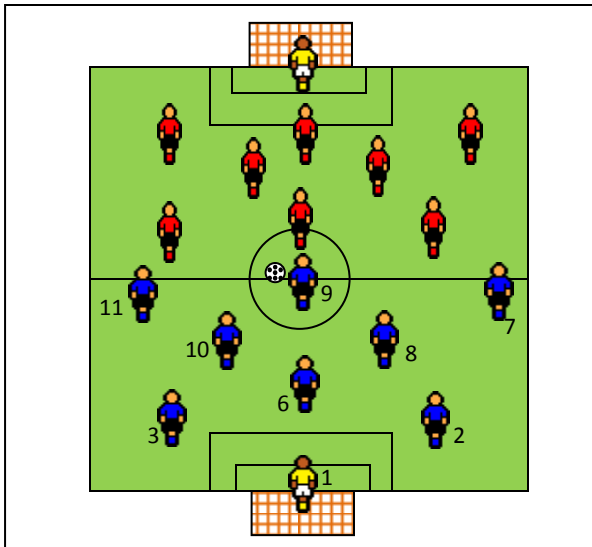
# Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic : Functional Training for Wide Players

Coach : Adrian Parrish

## Game



Duration: 20 Mins

Activity Intensity: High

Repetitions: 1

Recovery Time: 2-3 minutes

### Organization

- \* 9v9, one team plays in a 2-3-3. Another team plays in a 3-2-3
- \* Field is a 90 x 45
- \* Look for coaching patterns and instruct using the Coaches Tool Box when the team fails to create an attacking opportunity on a flank.

## Cool Down

- \* Players light jogging & stretching
- \* Juggling