



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Recognizing when to Pass and when to Dribble

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Groups of 3 with 1 neutral player * The players pass and move the ball around the area * They must use the neutral player who has two touch only * Progress to after the player receives the pass from the neutral player they must explode with a five yard dribble * Stretch 	<ul style="list-style-type: none"> * Surface of foot to pass the ball * Weight of pass * First touch leads you into your next pass * If in a tight area when dribbling keep the ball close * If you have space when dribbling knock the ball in front of you so you can explode
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 3 v 3 with a neutral * The neutral player plays for both teams, and has a two touch limit * The players score by dribbling over their opponents end line * Progress to all players having a two touch limit 	<ul style="list-style-type: none"> * Team Shape * Body position * Patience, don't force the play * Try to create 1 v 1 situations
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 5 V 5 (Defensive team has a GK) * The attacking team attempts to score in the big goal * The defensive team can score in the two small counter goals * Play with a high restraining line, so space can be exploited behind the defenders 	<ul style="list-style-type: none"> * Team Shape, wide and long * Encourage dribbling past the restraining line, especially if in 1 v 1 situations * Communication
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 7 V 7 including GK's * Normal Soccer Rules * Use half of a regular 11 a-side regulation field 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <p> = Players = Flag = Pass = Run = Dribble = Goal Net </p>
<p style="text-align: center;">COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

Website: www.kysoccer.net Telephone: 859-268-1254 ext 14 Email: adrianparrish@kysoccer.net