



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Coaching a Back 3 and a GK

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Knockout with 2 defenders & 1 GK (Red Player) * GK can use their hands to win the ball and knock it out * When the player is knocked out they are not out of the game, they simply collect their ball and come back to coach to do 5 juggles before they are allowed back in 	<ul style="list-style-type: none"> * Immediate Chase * Pressure * Jockey the ball, don't dive in * Cover
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 3v2 with Goalkeepers * One GK starts with the ball and distributes to their team * One defender * The attacking team scores one point if they score * Defensive team score 2 points if they intercept and score * Teams play until ball has gone out of bounds or a goal has been scored, rotate roles 	<ul style="list-style-type: none"> * Body Shape * Delay * Tracking Back (get behind the ball quickly) * GK to be off the line * Communication
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Teams have to defend 3 goals * Both teams have 1 GK 3 Defenders and 1 Attacker * Team in possession can score in any of the 3 goals * GK starts the play by passing/rolling the ball out to one of his/her defenders. * Scoring system works as in previous game * Have an extra team on the sideline, so that you can create a rule for the winning team to stay on 	<ul style="list-style-type: none"> * Pressure * Cover * Balance * Delay * Get players behind the ball * Defensive Team Shape * Be aware of blindside runs
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 7 V 7 including GK's * Normal Soccer Rules * Work with the white team * Use half of a regular 11 a-side regulation field 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <p> = Players = Goalkeeper = Pass = Run = Dribble = Goal Net </p>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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