



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Counter Attacking from the midfield

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Set up three 10 x 12 yard grids around the halfway line * Place 4 players in each grid to create a 3 v 1 * Place 1 striker and 2 defenders further up the field with a GK * If the one defender wins the ball in their grid the look to play out to the striker * The 3 defenders then break out of their grids to create a 4 v 2 and go to try and score on the goal * A coach can play a ball in at any time as well 	<ul style="list-style-type: none"> * Defenders have to force the error * Striker must stay as deep as possible * First touch to protect the ball from the defender * Runs from the def/midfielders breaking out to support * Selection & Quality of passes
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set up the team to play 8 v 7 * The team of 8 is attacking the two small goals * The team of 7 is attacking the large goal * The activity starts with furthest striker playing the ball into the Goalkeeper * As soon as they have lost possession they must retreat and get behind the ball * The five midfielders can only break past the restraining line if possession has been won. * Every other player can go anywhere. 	<ul style="list-style-type: none"> * Players must be patient and force mistakes * Invite in passes for quick interceptions * Staying connected and compact * Attitude to get forward an support when ball is won * Runs to support the striker * End Product, score
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play 7 v 7 with a neutral player who plays for which ever team has possession * Divide the field into thirds * If the team wins the ball in the attacking third and scores it equals one goal, middle third equals two goals, defensive third equals three goals * Only two midfielders can drop back into the their defensive third when not in possession * Three mids including the neutral can enter the att third 	<ul style="list-style-type: none"> * Encourage players to get behind the ball when not in possession * Break quickly, but try to be as direct as possible
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 9 v9 scrimmage * Regular soccer rules 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> <li style="width: 50%;">○ = Ball <li style="width: 50%;">- - - - -> = Movement <li style="width: 50%;">☺ = Coach <li style="width: 50%;">→ = Pass <li style="width: 50%;">☺ = Players <li style="width: 50%;">☐ = Goals <li style="width: 50%;">= = ▶ = Shot
<p style="text-align: center;">COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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