



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Creating Opportunities to take players on

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two players, place one ball on a cone and the defender starts with the other ball</li> <li>* The defender passes the ball through the attacking players legs, who turns and attempts to get to the ball first</li> <li>* The attacking player then attempts to turn and face the defender, if Def win's then they become the attacker</li> <li>* The attacking player can score by beating the defender and knocking the ball off the cone</li> <li>* Switch roles after a point has been scored</li> </ul>	<ul style="list-style-type: none"> <li>* Get to the ball first</li> <li>* Attempt to turn and face the defender</li> <li>* Keep the ball moving</li> <li>* Positive fakes</li> <li>* Exploit the space to the side and behind the defender</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 3 v 2 with role on/off players</li> <li>* Each team has two goals to attack</li> <li>* If the attacking team scores one player drops off and a player from the opposing team steps on to create a 3v2 attacking situation</li> <li>* If the team with 2 wins the ball and scores they remain on defense</li> <li>* If the attacking team score in a 1v1 situation it equals 2</li> <li>* Coach keeps feeding in the balls to keep the game flowing</li> </ul>	<ul style="list-style-type: none"> <li>* Patience as a team</li> <li>* Positive first touch to move forward when opportunities allow</li> <li>* Exploit defenders to take them on 1 v1</li> <li>* Safety/ Risk Factor</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 4 v 4 target players</li> <li>* Therefore when team is in possession it is 5 v 4</li> <li>* Two goals are placed on each end line</li> <li>* Players can score through the goals without using the target player</li> <li>* If they use the target player to create a 1v1 situation or a goal and the team score it is worth two points</li> </ul>	<ul style="list-style-type: none"> <li>* You may divide the field in half and put a touch restriction in the defensive half and encourage them in the attacking half to dribble at their defensive player</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players dribble around and static stretch	

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