



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dealing with bouncing balls

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players have a ball each</li> <li>* They bounce the ball once and kick it back up in the air</li> <li>* Keep letting it bounce once and popping it back first time</li> <li>* Progress to having them touch it twice before they pop it back up in the air</li> <li>* Progress to having them bring it under control off the bounce and then throwing it back up</li> </ul>	<ul style="list-style-type: none"> <li>* Eyes on the ball</li> <li>* Bend your knees</li> <li>* Lift the ball with your laces</li> <li>* Use arms for balance</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Players work in pairs</li> <li>* The players pass the ball freely around the area</li> <li>* The ball must be passed in the area</li> <li>* The ball may not bounce more than twice before it is played back</li> <li>* Players count how many passes they can score in 30 seconds.</li> <li>* Progress to one bounce</li> </ul>	<ul style="list-style-type: none"> <li>* Get in the line with the flight of the ball</li> <li>* Balance your body by bending your knees and using your arms</li> <li>* Pick the passing surface</li> </ul>
<b>MATCH RELATED ACTIVITY</b>	<ul style="list-style-type: none"> <li>* 2 v2 Soccer Tennis</li> <li>* One team serves the ball over the net</li> <li>* The receiving player is allowed to let it bounce before returning it back over</li> <li>* The receiving player is allowed a maximum of 3 touches</li> <li>* They can pass to their teammate before returning it</li> <li>* The teammate is allowed one bounce before either passing it back or returning it across the net</li> </ul>	<ul style="list-style-type: none"> <li>* Get in line with the flight of the ball</li> <li>* Relax the body to cushion the ball</li> <li>* Supporting angles</li> <li>* Communication</li> </ul> <p><b>Note: You can use many alternative tools for a tennis net</b></p>
<b>MATCH CONDITION ACTIVITY</b>	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's</li> <li>* Normal Soccer Rules</li> <li>* But every time the ball goes out of bounds the coach lofts a ball in to the playing area</li> <li>* Teams score double if they bring the ball under control and score from a bouncing ball</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <p>○ = Ball</p> <p>↘ = Bouncing Pass</p> <p>⊂ = Player</p> <p>▤ = Tennis Net</p> <p>▨ = Goal</p>
<b>COOL DOWN</b>	<p>Players pass and move in pairs. Stretch</p>	