



KENTUCKY YOUTH SOCCER ASSOCIATION Coach Education Lesson Plan



Topic = Defending in a Small Group

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players pass the ball in pairs * Place an extra ball about 5 yards away from them * On coaches command they leave the ball they are passing with and attempt to be first to the other * First to it wins a point * Second to it acts as the defender * Play 1v1 for 10 seconds 	<ul style="list-style-type: none"> * Measure who is going to be first to the ball * Defender should not over commit * Defenders body shape * Be patient, don't reach for the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4v2 Keep away * Defenders stay in for two turns * Two touch max for the players on the outside * Players on the outside are paired up ready to go into the middle when they make a mistake <p>Progression 6v3 : Third defender is used as the balancing defender, to prevent a split pass from happening</p>	<ul style="list-style-type: none"> * Pressure * Body Shape * Cover * Communication * 3rd Defender equals balance
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Defending team has 4 Def and 2 Mid * Attacking team has 2 Strikers and 4 Mid * Defending team score a point for passing into the target * Attacking team score in the big goal * Can one defender step into support the midfield 	<ul style="list-style-type: none"> * Full backs step out when Wide-Mid has the ball * Shifting across * Don't over commit * Double team when possible * Constrict the Space * GK moves up with the play * Most efficient way to get to the target player
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * Regular Scrimmage * Divide the group in too two equal teams * Teams now have GK in the goals * Have extra balls placed around the field to keep the game moving quickly * Emphasize all defending aspects that have just been covered * Share the responsibilities of who steps into support the midfield 	<p style="text-align: center;">LEGEND</p> <ul style="list-style-type: none"> = Players = Ball = Dribble = Run with out the ball = Pass = Goal Net
<p>COOL DOWN</p>	<p>Dribble and Stretch</p>	

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