



Kentucky Youth Soccer Association Coach Education Lesson Plan



Session - Improving team shape from the Middle to Attacking Third

Coach - Adrian Parrish

UNRESTRICTED SPACE - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Set Cones up in a Y Shape - Players set up on each side * Players at the end start with the ball * The middle players check away to create space * They then check back to receive the pass * They then turn with the ball and pass to the end player * The end player then collects the pass and dribbles back to the start * After each pass the player follows their pass * See Page 2, for more combinations 	<ul style="list-style-type: none"> * Check away to create the space and return with pace * Weight of pass * Play the pass into the front foot * Create Angle to receive the pass * Eye Contact between Passer & Receiver * Communication * Both sides work at the same time
<p>RESTRICTED SPACE</p>	<ul style="list-style-type: none"> * Divide the groups in to two equal teams with three neutral players * The three neutral players play for which ever team is in possession. 2 on the end, one in the middle * Teams keep possession until they can find a neutral player at either end * The end players must play the ball back in with one touch * Neutral players move up and down the line * Normal keep away rules 	<ul style="list-style-type: none"> * Patience - Don't force the play * Draw the players in to create the space * Supporting runs and angles for neutral players * Body shape when receiving the pass
<p>ONE GOAL WITH COUNTER</p>	<ul style="list-style-type: none"> * Use the whole half of one field * Set up an area near the halfway line, approximately the width of the 18 yard box * Play 5 v 2 in this area * Set two attackers and two defenders on the 18 yard box * The 5 makes 4/5 consecutive passes and plays out into the strikers * Two mids break to create a 4 v 2 * If the Def's win it the attacking the counter goals 	<ul style="list-style-type: none"> * Strikers stay deep, until mid is ready to make the pass * Movement of the strikers * Movement and supporting angles in the box (mid) * Speed as the players break * Width in the attack <p>Progression Defender from the mid can break 3 from the midfield can break out</p>
<p>GAME - TWO GOALS</p>	<p>Normal Soccer rules encourage everything else that has gone on throughout the practice.</p> <p>Very little coaching should take place, just allow the players to play</p>	<p style="text-align: center;">KEY TO DIAGRAMS</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> = Players = Neutral Player = Goalkeeper = Dribble = Goal </div> <div style="width: 45%;"> <ul style="list-style-type: none"> = Run = Pass = Ball = Cone </div> </div>
<p>COOL DOWN</p>	<p>In pairs or three's players throw and move around include stretching</p>	

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Y Passing Formation Combinations (Warm-Up)

Combination 1	Organization
	<ul style="list-style-type: none"> * The middle players check away to create space * They then check back to receive the pass * The middle player pass the ball back to the first player at an angle * The first player now plays deep to the end player * The end player then collects the pass and dribbles back to the start * After each pass the player moves to the next cone in the system
Combination 2	Organization
	<ul style="list-style-type: none"> * The middle players check away to create space * The first play plays the ball deep to the end player * The middle player spins out to play a give and go with the end player * The end player then collects the pass and dribbles back to the start * After each pass the player moves to the next cone in the system