



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Individual Dribbling Activities for Young Players

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players dribble around the area with a ball each</li> <li>* The coach shouts out an animals name and the players have to dribble at the speed that animal would move</li> <li>* As a progression the coach now has three colored vests (Red, Orange and Green)</li> <li>* When the coach holds up the red vest it means stop, orange vest means change direction, green vest means go</li> </ul>	<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> <li>* Players change Speed</li> <li>* Players have control of the ball when stopping</li> <li>* Players change direction</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Players dribble around the area with a ball each</li> <li>* The coach has a cone in his/her hand</li> <li>* The coach goes and places the cone on top of any players ball who does not have it within a close proximity</li> <li>* The player then has to conduct 10 toe-taps (touching the top of the ball with the sole of the feet) before they can dribble around again.</li> <li>* Coach has to make this game fun but allow the children to be successful by adding lots of enthusiasm</li> </ul>	<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> <li>* Players change Speed</li> <li>* Players have control of the ball</li> <li>* Players change direction</li> <li>* Players improve their balance and coordination</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Players have a ball each</li> <li>* They take the ball to the coach</li> <li>* Coach then throws the ball out asking the players back as quickly as possible</li> <li>* Give the players different tasks, like amount of touches, bouncing ball</li> <li>* Ball should not leave the area</li> <li>* As the coach keep changing your position in the area</li> </ul>	<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> <li>* Players have control of the ball</li> <li>* Players change direction</li> <li>* Players improve field awareness</li> <li>* Dribble with their heads up</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 3 V 3 no GK's</li> <li>* Have two or three ball is the game at the same time</li> <li>* Once all the balls have ended up in the goal, restart the game</li> <li>* Coach can add more balls as he/she feel's fit</li> <li>* Let the players play, but encourage players to take players on when in 1 v 1 situations.</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li style="width: 50%;">○ = Ball</li> <li style="width: 50%;">⤴ = Dribble</li> <li style="width: 50%;">👤 = Coach</li> <li style="width: 50%;">⤵ = Throw</li> <li style="width: 50%;">😊 = Players</li> <li style="width: 50%;">🎯 = Goals</li> <li style="width: 50%;">🟡 = Cone</li> </ul>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Players lightly jog and skip around the area. Stretch</p>	