



## KENTUCKY YOUTH SOCCER ASSOCIATION Coach Education Lesson Plan



Topic = Defending - Marking

Coach = Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><b>Follow the Leader</b>            Everyone finds a partner            One person in the pair is designated as the leader, the other shadows that person            Switch roles after 60 seconds            Stretch            Repeat so the leading player has a ball</p>	<ul style="list-style-type: none"> <li>* Defenders should keep their eye on the ball</li> <li>* Defenders want to be close to the attacker, close enough so that in a game the attacker would look down at the ball</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<p><b>Everyone Picks Up</b>            Play 4v4 in a 40-x-30 yard area            Teams try to complete 5 consecutive passes. Each time they do they score a point            Players must mark up on someone on the other side and cover only them the whole game.            Rules are the same as keep away</p>	<ul style="list-style-type: none"> <li>* Defenders should stay ball-side and goal-side of their mark</li> <li>* Defenders should position themselves so that they can always see their mark and the ball at the same time</li> <li>* When applying pressure, the defender should focus solely on the ball</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<p><b>All Forward and All Back</b>            Play on a field approximately 60 x 40            The teams play regular soccer with the condition that in order for a goal to be scored all 6 players from the team must be on the offensive half of the field (this includes the keeper)            If there are any opposing players who have not crossed into their defensive half of the field, the team that scored a goal gets an additional point</p>	<ul style="list-style-type: none"> <li>* Tracking Back</li> <li>* Communication</li> <li>* Winn the ball back as soon as possible</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p>	<p><b>Scrimmage</b>            Play with normal soccer rules but with the same restriction as in Activity two. Make sure to keep rotating which players pick up which.            Players can not leave their mark to win the ball back from another person.            Progress to having the GK's assign the markings</p>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <p>   = <b>Players</b>   = <b>Movement without Ball</b>   = <b>Pass</b>   = <b>Ball</b>   = <b>Goal</b> </p>
<p><b>COOL DOWN</b></p>	<p>Jogging and Stretching</p>	

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