



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Moves to beat an opponent

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| FUNDAMENTAL – WARM UP               | ORGANIZATION  | KEY COACHING POINTS  |
|-------------------------------------|---|--|
|                                     | <ul style="list-style-type: none"> <li>* Tails, divide group in two 2 teams</li> <li>* One team has one colored pinnies and the other a different color</li> <li>* Pinnies are tucked into the back of the shorts</li> <li>* Players have to try and steal the other team's pinnie from their shorts. Players can not hold onto the pinnie</li> <li>* Once won the stick it in their shorts and the other player must try and win it back</li> </ul>          | <ul style="list-style-type: none"> <li>* Play game with out ball to start of with, then add it in after 1 or 2 attempts</li> <li>* Keep the ball close and under control</li> <li>* Face the defender</li> <li>* Attack the defender to the side and behind</li> </ul>   |
| <b>MATCH RELATED ACTIVITY</b><br>   | <ul style="list-style-type: none"> <li>* Passive Gauntlet</li> <li>* Attacking player dribbles at the first defender and executes one of the moves. 1. Side Step, 2. Scissors, 3. V-Step, 4, Hip Twist.</li> <li>* Beats the passive defender and plays to the other attacking player.</li> <li>* Player then stays in the middle to become the defender as the original defender drops off waiting to become the attacking player. Rotate through</li> </ul> | <ul style="list-style-type: none"> <li>* Positive Attitude</li> <li>* Dribble in Slow</li> <li>* Draw the defender to one side</li> <li>* Execute the move with realism</li> <li>* Bending the knee's and dropping the shoulders</li> <li>* Attacking the defender to the side and behind with speed</li> <li>* Keep the ball under control</li> </ul> |
| <b>MATCH RELATED ACTIVITY</b><br>   | <ul style="list-style-type: none"> <li>* Gauntlet against two defenders</li> <li>* Defenders can only defend their own area</li> <li>* Attacking player must attempt to dribble past both defenders and score past the GK</li> <li>* If the defenders win it then they can score a point by successful dribbling over the attacking player's end line.</li> <li>* Progress to defenders can work back to double team up</li> </ul>                            | <ul style="list-style-type: none"> <li>* Attacking with speed</li> <li>* Positive Attitude</li> <li>* All of the above</li> </ul>  |
| <b>MATCH CONDITION ACTIVITY</b><br> | <ul style="list-style-type: none"> <li>* Divide the group in two two equal teams</li> <li>* Teams now have GK in the goals</li> <li>* Players can score 2 points for successfully dribbling past a defender or scoring on goal</li> <li>* Have extra balls placed around the field to keep the game moving quickly</li> <li>* Emphasize the Safety/Risk Factor</li> </ul>   | <p style="text-align: right;"><b>LEGEND</b></p> <p>   = Players<br/>  = Ball<br/>  = Dribble<br/>  = Run with out the ball<br/>  = Pass<br/>  = Goal Net       = Pinnies         </p>  |
| <b>COOL DOWN</b>                    | Player's with a ball each lightly dribble around the area, using all parts of the feet.   |  |