

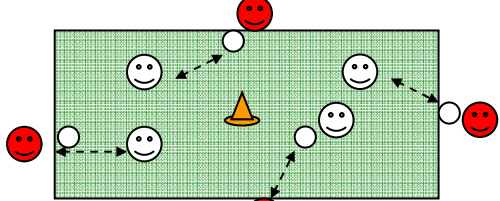
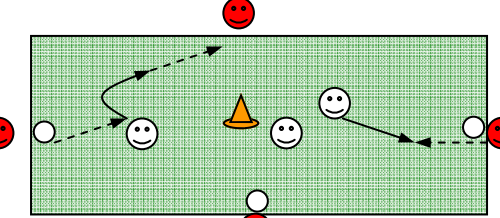
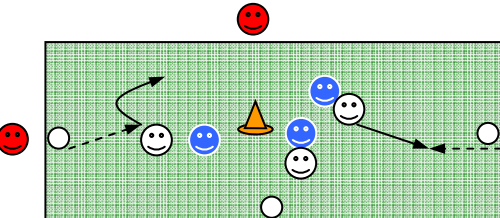
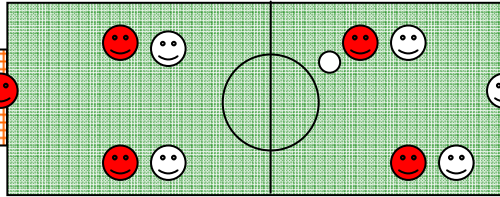


## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Passing, Receiving & Moving

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Split the group into two equal teams</li> <li>* Half on the outside start with a ball</li> <li>* Players in the middle check to receive a pass</li> <li>* The receiving player takes a touch and play's the ball directly back</li> <li>* After the pass they sprint around the cone and go to receive the ball from a different server</li> </ul>	<ul style="list-style-type: none"> <li>* Eye contact between passer &amp; receiver</li> <li>* Move to meet the pass</li> <li>* Cushion first touch into space</li> <li>* Change of speed</li> <li>* Communication</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* As above but one player on the outside does not have a ball</li> <li>* The player checks to receive a pass and passes to a player on the outside without a ball</li> <li>* After each pass the players check back into the middle</li> <li>* Servers should progress to throwing the ball in to vary the service</li> </ul>	<ul style="list-style-type: none"> <li>* Get in line with the ball</li> <li>* Server should lead player into the next move</li> <li>* Check behind you as your go to receive the pass, so you are aware where you are going to go next</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Players in the middle are now followed by a defender</li> <li>* One server on the outside starts without a ball</li> <li>* The attacking player checks to a ball and attempts to turn and passes to a person on the outside without a ball</li> <li>* If they can not turn they protect the ball until they can play it back</li> <li>* If the defender wins the ball he/she becomes the attacking player</li> </ul>	<ul style="list-style-type: none"> <li>* Checking away to create space</li> <li>* Server needs to play the pass into the correct foot</li> <li>* Awareness of where the defender is</li> <li>* Bend the knees to turn sharply</li> <li>* Selection of surface to turn with the ball</li> <li>* Accelerate into the space if able to turn</li> <li>* Place body between defender and ball if unable to turn</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p>  <p style="text-align: center;"><b>COACH</b></p>	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Teams score double if they can score after turning and receiving the pass</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>-----&gt; = Pass</li> <li>————&gt; = Run</li> <li>●●● = Players</li> <li>■ = Goal</li> <li>↪ = Turn</li> <li>▲ = Cone</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

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