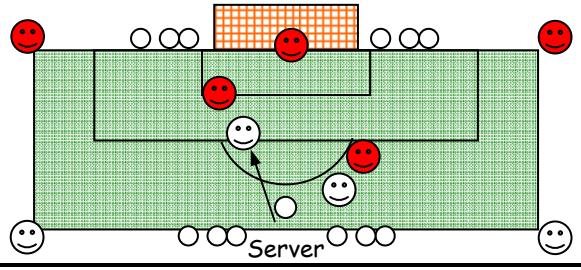
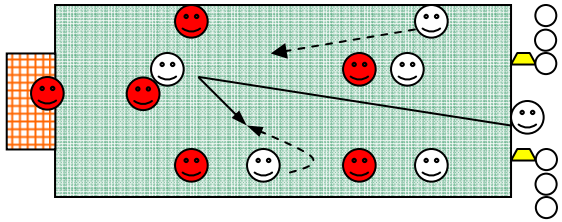
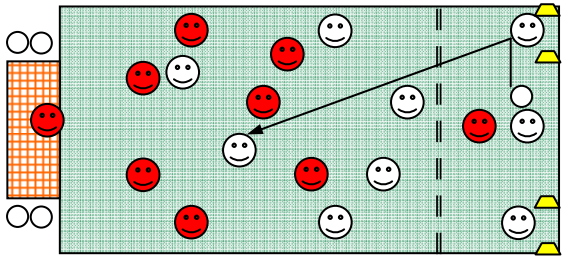
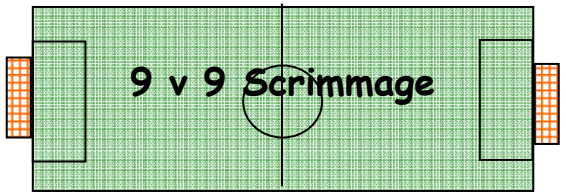
Kentucky Youth Soccer Association
Coach Education Lesson Plan

Topic = Playing with Split Strikers **Coach = Adrian Parrish**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	* Set up players with one deep striker and one coming short, against two defenders * As the server plays the ball in one midfielder from a corner of the grid can join the attack and a defender from the opposite end joins in to create a 3 v 3 * Progress to allowing both midfielders and defenders join the attack * Attacking team scores in the big goal, defenders score every time the play back to the server	*Deepest player looks to receive the ball * Be aware of where the defender is * Angles and distance of supporting runs * Speed and pace of pass * Try and play on the shoulder of the last defender
MATCH RELATED ACTIVITY	* Play on a narrow but long field * 6 attackers v 5 defenders plus one GK * Attackers try to score in the big goal, defenders score in the counter goal, where the attacking play starts. * Play regular soccer rules	* Supporting midfield runs * Clever quick combination play * Application of finished product, score
		
MATCH RELATED ACTIVITY	* Set up an area, which is full width of the filed and 70/80 yards long * The team you are coaching plays in a 3-4-1-1 formation * The team you are playing against plays in a 4-3-1 formation * It is your teams aim to score in the big goal * The opponents score through one of the counter goals but can not score unless they play through their striker who must stay past the half-way /restriction line * Add a linesman to create realism	Look for the following pictures * Quality of runs to create space by the strikers * Strength and body shape of the target player * How strikers react when a wide player brings the ball in * How the nearest striker reacts when a long pass is played into the target player * Center Midfield Supporting Runs
		
MATCH CONDITION ACTIVITY	* 9 v9 scrimmage * Regular soccer rules * Encourage the strikers to stay split as this makes it difficult for the central defender on knowing whether to pick up the one player dropping into midfield or pass them on.	**KEY TO DIAGRAMS** = Ball = Player = Cone = Turn = Pass = Movement = Goals = Restriction Line
		
COOL DOWN	Players lightly jog and skip around the area. Stretch	

Website: www.kysoccer.net **Telephone: 859-268-1254 ext 14** **Email:** adrianparrish@kysoccer.net

© Kentucky Youth Soccer Association 2007 All rights reserved. No commercial reproduction, adaptation, distribution or transmission of any part or parts of lesson plan or any information contained, herein by any means whatsoever is permitted without the prior written permission of Kentucky Youth Soccer Association