



KENTUCKY YOUTH SOCCER ASSOCIATION Coach Education Lesson Plan



Topic = Pressing

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Pass & Follow Divide the team into 3 equal groups. Spread the players on the outside of the area. Players can not pass to a player on their own team. Once they pass the ball in they follow their pass adding pressure to the player receiving the ball <i>Progression</i> Add extra soccer balls</p>	<ul style="list-style-type: none"> * Weight of pass * Immediate Chase * Body Shape
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<p>6 v 3 Keep the group in 3 equal teams, two teams on the outside, one in the middle. The aim is for the team in the middle to win the ball back as quickly as possible. The team that makes the mistake then goes into the middle to defend. The team can not start winning the ball back until they have all regrouped in the middle by touching hands. Once the ball is won they dribble out of the area Note= Players play inside the area</p>	<ul style="list-style-type: none"> * First Defender applies pressure * Shape the player to pass into cover * Third player adds balance * Shifting * Communication * Pick and Chose moments went to press as a unit * Secure the pass when the ball is won
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<p>5 v 4 Stay out of our Zone Work in an area approximately 50 yards wide and 60 yards long, set up a confrontation line about 30 yards out. The 5 players attempt to get past the 4 defenders to score in the two counter goals. The group of 4 can not go past the confrontation line but as soon as the group with five players enter into their zone, they can win it and look to counter attack.</p>	<ul style="list-style-type: none"> * Defensive Team Shape * Slide across as the ball moves across * Pressure * Cover * Balance * Communication * Quick Counter Attacks
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<p>5 V 5 Scrimmage including GK Still remaining with the Pressure Defensive Topic, set the team up into a 5 v 5 scrimmage. You may wish to set up confrontation lines as suggestions of when the players should confront the opponent with the ball</p>	<p style="text-align: right;">LEGEND</p> <p> = Players = Ball = Run with out the ball = Pass = Goal Net </p>
<p>COOL DOWN</p>	<p>Dribble and Stretch</p>	

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