



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Pressure, Cover, Balance

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Start with a group of players and a ball inside a small grid * Place the other players on the outside of a bigger grid * Players on the inside pass their ball to an outside player * They then follow their pass and put pressure on the receiver * They receiving player then dribbles into the middle and plays to a different player on the outside 	<ul style="list-style-type: none"> * Pass of the initial pass * Shut down quickly * Defenders angle of approach * Bend knees and lower center of gravity * Delay
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 2 v2 goals are scored by dribbling through the goal * Start 1 attacking player half way out of the grid * His or her team mate play into them * Defenders then try to win the ball back * Defending team scores 2 points per goal, Attacking team scores 1 point per goal * Rotate roles every 5 minutes, but keep score 	<ul style="list-style-type: none"> * Defenders should be on front foot to try and intercept the pass * Distinguish Roles * First defender should try not to allow the attacker to turn and force towards there is cover * Second Defender should not over commit and be caught flat * As the ball moves between strikers, nearest defender shuts down and second defender provides cover
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4 attackers versus 3 defenders * Start one of the attackers halfway up the grid * Both teams defend and try to score in two goals * Goals are scored by dribbling through the goal * Defending team scores 2 points if the score after regaining possession * Rotate roles every 5 minutes, but keep score 	<ul style="list-style-type: none"> * As above * Keep the ball and play in front of you * Third defenders body position needs to be open so that they can see the field and blind side runs * Stay compact and be patient * Shift as a unit when the ball goes square
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 7 v 7 (including the GK'S). * "Coach One Team - One Theme". Condition the Team(s). Use starting positions. * Work down both sides of the pitch. * Use an Off-side line for Realism. 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>☺ ☹ = Players</p> <p>▲ = Cone</p> <p>-----> = Pass</p> <p>————> = Run</p> <p>🏠 = Goal Net</p> </div> <div style="width: 45%;"> <p>○ = Ball</p> <p>~~~~~> = Dribble</p> </div> </div>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

Website: www.kysoccer.net

Telephone: 859-268-1254 ext 14

Email: adrianparrish@kysoccer.net