



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Receiving & Turning with the ball

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Half the group on the outside of the area * Leave two player on the outside without a ball * Players in the middle check to receive a pass * The turn with the ball and pass to a player on the outside that does not have a ball * Then check to receive another pass * Change roles after 60 seconds 	<ul style="list-style-type: none"> * Check to receive the pass * Quality of the pass * Surface used to receive the pass * Bend the knees, and accelerate into space * Head Up
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 1v 1 with two neutral players * The attacking player in the middle checks to a neutral player to receive the pass * The player receives the pass on the turn and attempts to dribble past their opponent and play it into the other neutral player * The attacking player continues to then receive the pass back and play back to the other side * If the defender wins it they become the attacker 	<ul style="list-style-type: none"> * Awareness of the opposition * Movement to create space * Try to lead the player into the turn * Surface used to receive the pass * Disguise * Bend the knees
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4 v4 plus Goalkeepers * Players are restricted to staying in their own halves * Defenders play the ball into the attackers, who try to turn and score * Attackers can play back to defender * Defenders can shoot if ball is laid back 	<ul style="list-style-type: none"> * Team Shape, to create space * Field Awareness * Communication
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6 V 6 including GK's * Normal Soccer Rules * If a players scores after receiving it and turning the goal counts double 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <p>☺ ☹ = Players</p> <p>○ = Ball</p> <p>-----> = Pass</p> <p>————> = Movement without the ball</p> <p>← = Turn</p> <p>⊠ = Goal</p>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

Website: www.kysoccer.net

Telephone: 859-269-1254 ext 14

Email: adrianparrish@kysoccer.net