



## Kentucky Youth Soccer Association Coach Education Lesson Plan



TOPIC = Receiving & Turning with the ball

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FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Place players in groups of four, two servers and two in the middle Servers pass the ball into the player in the middle Player in the middle receives the ball and turns After they have turned they pass the ball to the other server The player in the middle then creates an angle to receive the ball back, turn with the ball and pass back to the original server Rotate players every 60 seconds</p>	<ul style="list-style-type: none"> <li>* Receiving player checks away to create space</li> <li>* Look behind as they check back for the ball</li> <li>* Leading Pass</li> <li>* Open body up</li> <li>* Surface of foot to receive the ball</li> <li>* Quality of pass</li> <li>* Communication</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED</b></p>	<p>Play 1v1 into target players Players in the middle create space to receive a pass from their teammate on the outside They then try to turn and pass the ball to their teammate on the other side of the grid If this option is not on they can play back If the defender wins it he/she then becomes the attacker and plays to their target player 1 point scored for each successful pass from side to side Rotate players every 90 seconds</p>	<ul style="list-style-type: none"> <li>* Awareness of the defender</li> <li>* Leading pass</li> <li>* Patience</li> <li>* Move the ball away from pressure</li> <li>* Speed of play</li> </ul> <p style="text-align: center;"><b>Progress to playing 2 v2 in the middle</b></p>
<p style="text-align: center;"><b>MATCH RELATED</b></p>	<p>Play 5v5 plus Goalkeepers 3 Defenders and Two Strikers in each half The defenders try to play the ball into a striker whom attempts to turn and score A defender can join the attacking half to create a 3v3 If the attacker score directly for turning it is worth 2 points If the team links up using combination play it is just one point Defender must drop back as soon as possession is lost</p>	<ul style="list-style-type: none"> <li>* Creative runs</li> <li>* Upper body strength to hold the defender off</li> <li>* Communication</li> <li>* Positive Attitude in wanting to go to goal</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION</b></p>	<p>6 v 6 Scrimmage No Restrictions Limited Coaching</p>	<p style="text-align: center;"><b>LEGEND</b></p> <p> <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: white; margin-right: 5px;"></span> <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: red; margin-right: 5px;"></span> = Players  <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: green; margin-right: 5px;"></span> = Goalkeeper  <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: white; margin-right: 5px;"></span> = Ball  <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></span> = Pass         </p> <p> <span style="display: inline-block; width: 15px; height: 15px; border: 1px dashed black; margin-right: 5px;"></span> = Movement w/o ball  <span style="display: inline-block; width: 15px; height: 15px; border: 1px dashed green; margin-right: 5px;"></span> = Turning with the ball         </p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>In pairs pass and move, light jogging, skipping and stretching</p>	