



**KENTUCKY YOUTH SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Topic = Set Up Touch

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in pairs * One player pass the ball to their teammate * The receiving player touches the ball across their body * Moving it to the other side of the cone * The ball is then passed back down the other side 	<ul style="list-style-type: none"> * Get in Line with the ball * Disguise your movement * Relax the body when ball makes impact * Play the ball back to your partner with quality <p>Give each player 5 points each time they knock down a cone they lose a point</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set group up into 4 so it creates a 2v2 * Set the field up into thirds with the middle third being slightly larger * One player pass the ball across the grid to an opponent * The player then follows their pass to put pressure on the receiving player * The receiving player try's to dribble past the defender or pass the ball directly to his/her teammate * The players then switch ends 	<ul style="list-style-type: none"> * Meet the ball * Head and Shoulders over the ball * Relax the body when the ball makes impact * Cushion the ball into space either side of the defender * Disguise the movement <p>Players score 2 points if they dribble past the defender and 1 if the successfully pass it in</p>
<p>MATCH RELATED ACTIVITY</p>	<p>Play 4v4 or 5v5</p> <p>Set up gates 2 yards apart around the grid</p> <p>Teams score by passing the ball through a gate to a team-mate</p> <p>The ball can not come directly back through, therefore the receiving player must set themselves up to move the ball in a different direction, going towards another goal</p>	<ul style="list-style-type: none"> * Know where you are going before you receive the pass * Keep the ball moving * Supporting angles of teammates to receive the pass
<p>MATCH CONDITION ACTIVITY</p>	<p>6 v 6 Scrimmage</p> <p>5 Outfield Players & 1 Goalkeeper</p> <p>Teams play in a 2-1-2 Formation</p>	<p align="right">LEGEND</p> <p>☺ ☹ = Players</p> <p>○ = Ball</p> <p>-----> = Run with out the ball</p> <p>→ = Set up touch</p> <p>→ = Pass</p> <p>🚩 = Cone 🏠 = Goal Net</p>
<p>COOL DOWN</p>	<p>In Pairs players pass the ball around and stretch</p>	