



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Switching the Play

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Player A and D start with a ball * Player D plays a give and go with player C * At the same time A passes the ball to B * C then turns and plays a give and go with B * At the same time D passes the ball to A * C turns and plays a give and go with A and the procedure continues 	<ul style="list-style-type: none"> * The central player to check away, creating space, and then move towards the pass. * Player must pass the ball in to the furthest foot (front) * Allow the pass to roll across the body * First touch leads to where you want to play the pass <p>Progression Add a passive defender, now central players have to use their body to protect the ball</p>
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> * Divide the area into thirds, the middle third needs to be smaller * 3 players from each team in the end areas, 1 in the middle and a neutral player * The teams try to keep possession and switch the play through the central player or neutral player * Teams can avoid the middle zone and play direct <p>Progression</p> <ul style="list-style-type: none"> * A set number of passes have to be played in the end zone * Limit touches for middle player * Remove the neutral player 	<ul style="list-style-type: none"> * Lead player into next pass * Play the ball in to the front foot * Look around (360 degrees) * Central player to keep moving to create space * Recognize the moment when to play through * Space Awareness * Communication
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> * 2 Goalkeepers, 4 Attackers, 6 Defenders * Defenders maintain possession, GK can be used * They score 1 point for every 5th consecutive pass * If Attackers win the ball they can score in either of the 2 goals * On every re-start the ball is given to the Defenders 	<ul style="list-style-type: none"> * Team Shape, wide and long * Checking to receive the ball * Field Awareness * Open up body to view the field * First touch into space * Communication
MATCH CONDITION ACTIVITY	<ul style="list-style-type: none"> * 6 V 6 including GK's * Normal Soccer Rules * When a ball gets played back into your own half, it must be switched, before you can enter the attacking half * If team goes on to score it counts as two points 	<p>KEY TO DIAGRAMS</p> <p>☺ ☹ = Players</p> <p>▲ = Cone/Disk</p> <p>---▶ = Pass</p> <p>—▶ = Movement without the ball</p> <p>⊘ = Goal Net</p>
COOL DOWN	Players pass and move in pairs. Stretch	

Website: www.kysoccer.net

Telephone: 859-269-1254 ext 14

Email: adrianparrish@kysoccer.net