

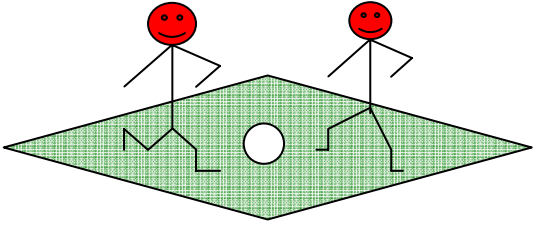
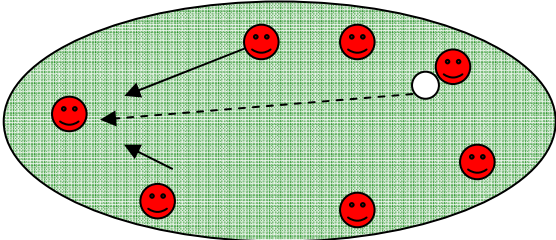
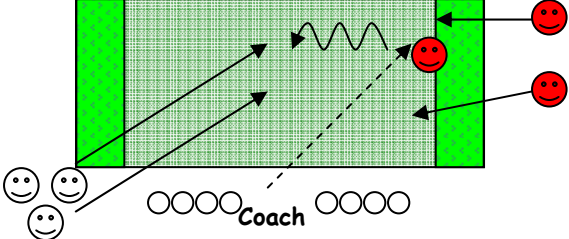
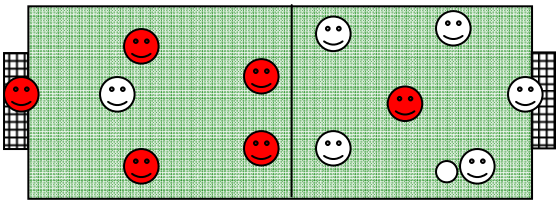



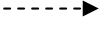
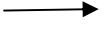

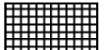


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Tackling

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in pairs * One ball between the two of the players * Players can start with holding on to each others shoulders * They count to three and then kick the soccer ball with the inside of their foot, creating a block tackle. * Progress to the players taking a step to the ball 	<ul style="list-style-type: none"> * Use the instep of the foot * Lock the ankle * Bend the knee of the standing leg * Head and shoulders over the ball * Follow through
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Place the group in a circle or oval grid * All the players on the same team * One players passes to a team-mate and the two nearest players shut down the ball * The receiving player must take a minimum of 4 touches, before they can pass to another player * The first defender scores two points if they can win possession of the ball * The second defender wins one point if they can intercept the pass 	<ul style="list-style-type: none"> * Immediate Chase * Distinguish roles (1st & 2nd Defender) * Pressure (Force the attacker to make the mistake) * A desire to win, use body strength if needed * Try and win with a block tackle in aim to keep possession
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Set the grid up with teams of three in opposite corners behind the two scoring zones * The coach serves different styles of ball to one side, which indicates three players come out to play. * 2 Defenders come from the opposite side * The attacking teams scores a point if they can successfully dribble into the scoring zone * The defending team wins two points if they win back possession and score in the end zone. 	<ul style="list-style-type: none"> * Don't over commit * Force the attacking players to make the mistake (body shape) * If beaten put the toe in to knock ball out of bounds * Go to ground as a last ditch attempt in getting the ball
<p>MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 6 V 6 including GK's * Normal Soccer Rules * Coach can add extra soccer balls in to create more tackling opportunities * Use half of a regular 11 a-side regulation field 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <p>   = Players  = Scoring Zone  = Pass  = Run  = Dribble  = Goal Net </p>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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