



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Backyard activities to improve your first touch

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ACTIVITY 1	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Pass the ball up against the wall with pace * As the ball comes back take a touch and then pass it back * As you progress, pass the ball at an angle so you are forced to move when it comes back. * As you progress chip the ball against the wall and try to control it as it come back 	<ul style="list-style-type: none"> * Stay on the balls of your feet * Get in line with the ball * Use both feet <p>Guided Discovery Question to ask yourself How many different parts of your feet/ body can you use to receive the ball?</p>
	<ul style="list-style-type: none"> * You juggle the ball and every 4 to 5 touches you kick the ball up high * As the ball comes down try to bring the ball down under control * Progress to bringing it down then immediately dribbling with it * Progress to kick it away from your proximity so you have to move to bring the ball down. * Progress to bringing it down but do not allow the ball to touch the ground 	<ul style="list-style-type: none"> * Get in line with the ball * Make an early selection of body surface to control the ball * Relax body part on impact * Keep your eye on the ball <p>Guided Discovery Question When dribbling away with the ball when you receive it what else can you add to make it game realistic?</p>
	<ul style="list-style-type: none"> * You will need a friend or a parent to participate in this game. * Set two cones about 2 yards apart. * The first player passes the ball through the cones to the other person * As you pass the ball you start moving backwards * The receiving player takes a touch and then passes back through the cones. * See how far you can move back before one player knocks down a cone and then start again 	<ul style="list-style-type: none"> * Turn your body at an angle as you move backwards * First touch needs to lead you into your pass * Pass of the pass <p>Guided Discovery Question How can you challenge your team mate who is receiving the ball?</p>
	<ul style="list-style-type: none"> * Players stay in pairs and pass between two cones * Two other cones are set up approximately 15-20 yards away * Players pass the ball between one set of cones * On one players discretion they then knock the ball out of their feet and dribble to the other gate * The player without the ball try's to get to that gate before the person with the ball * The player that reaches the gate first scores a point * Switch roles after 5 attempts 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Players = Pass = Flighted Ball = Run without the ball = Dribble </div> <div style="text-align: center;"> = Ball = Cone = Wall </div> </div>

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