



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Building Up from the Back

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* 5 v 2</li> <li>* Team of 5 play as 2 Center Backs, Left and Right Back, and Defensive CM</li> <li>* Team of 2 are the two strikers</li> <li>* Team of 5 posses the ball and score by making 10 consecutive passes or by a CB splitting the strikers on a dribble</li> <li>* Team of two score by winning possession and dribbling between the two cones.</li> </ul>	<ul style="list-style-type: none"> <li>* Eye Contact with Teammates</li> <li>* Pace of pass</li> <li>* Leading the player into the pass</li> <li>* Open up the hips</li> <li>* First touch into space</li> <li>* Read the options</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 7 v 4 to a 2 v 1</li> <li>* Work with the 7 players whose aim is to try and posses the ball and play to the two players in the grid</li> <li>* If they play the ball over, 5 players move over and 3 from the other team</li> <li>* Possession cannot be kept in the middle third</li> <li>* The team of 7 scores a point for every 10 consecutive pass</li> <li>* If the other team wins it they score by dribbling through one of the goals on either end.</li> </ul>	<ul style="list-style-type: none"> <li>* Selection of pass               <ul style="list-style-type: none"> <li>&gt; Driven, Lofted, Instep</li> </ul> </li> <li>* Technique of Pass</li> <li>* Team Shape               <ul style="list-style-type: none"> <li>&gt; Width &amp; Depth</li> </ul> </li> <li>* Supporting Runs</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Play 9 v 8 on just over half a full size field</li> <li>* Work with the nine defenders who score by passing through the counter goals to a target player. They must be past the half-way line.</li> <li>* 8 attacking players score on the big goal, they have no restrictions</li> <li>* Play regular rules, including offside</li> </ul>	<ul style="list-style-type: none"> <li>* Dispersal               <ul style="list-style-type: none"> <li>&gt; Width &amp; Depth</li> </ul> </li> <li>* Goalkeeper Distribution</li> <li>* All of above</li> </ul>
<p style="text-align: center;"><b>MATCH</b></p>	<ul style="list-style-type: none"> <li>* 9 V 9 including GK's or whatever numbers work out for group</li> <li>* Set one team in a 1 (GK) 4-3-1 system (Coach this team)</li> <li>* Set one team in a 1 (GK) 3-3-2 system</li> <li>* Normal Soccer Rules = including offside</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Players</li> <li> = Pass</li> <li> = Movement with the ball</li> <li> = Neutral Zone</li> <li> = Goal</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Ball</li> <li> = Cone</li> <li> = GK/Target</li> </ul> </div> </div>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

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