



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Bunkering in to create the Counter Attack

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two teams of four players * The defensive team starts with every player in their own half * The attacking team have to pass the ball into their attacking half and then dribble into their end zone. They can pass back. * If the defensive team wins it they counter attack by dribbling into their opponent's end zone. Switch Roles 	<ul style="list-style-type: none"> * Patience * Compactness as the ball maneuvers * Anticipating the pass. * Decision making as the ball is won <p>Guided Discovery What can you do to invite the pass to be played in to the target player?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Two teams of 6 including keepers * Each team attacks and defends three goals * Set up a line of confrontation, approximately half way across the grid. * Start with the attacking team only being allowed to pass the ball into the attacking half * If defensive team wins it they can attack one of the three goals but can not score in the goal if the keeper is in there. * If attacking team keeps possession the same principle applies. Progress to allow the team to dribble the ball over. 	<ul style="list-style-type: none"> * Pressure, Cover, Balance * Compactness * Secure the ball upon winning it. * Supporting runs and angles off the ball <p>Guided Discovery Question What can the target player do to help his/her team mates upon the team winning possession?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play approx 2/3 of the field, with a line of confrontation just around the halfway line * One team defends 3 counter goals and attacks the large goal * Ball starts with the Goalkeeper whose team is attacking the counter goals. * If they attacking team can win it back straight away they do so, if not the get in behind the line of confrontation and bunker in. 	<ul style="list-style-type: none"> * If defender has a poor first touch, you can go and win it. If it is a bad pass, go and win it. If they are facing their own goal go and try to win it. * If keys are cues are not on, pack behind the ball and force the mistake. <p>Guided Discovery Question What should the far side player be doing if the team loses possession and can not win it back immediately?</p>
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 8V 8 including GK's or whatever numbers work out for group * Normal Soccer Rules * Little to NO coaching 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> = Players</p> <p> = Ball</p> <p> = Pass</p> <p> = Cones</p> <p> = Movement without the ball</p> <p> = Goal</p> </div> <div style="width: 45%;"> <p> = Goalkeeper</p> <p> = Dribble</p> <p> = End Zones</p> </div> </div>
<p style="text-align: center;">COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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