



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dealing with the Back Pass

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of 4, 2 keepers and 2 field players</li> <li>* Have a line of cones splitting a 40/60 yard long grid</li> <li>* Two outfield players stand near the line of cones</li> <li>* One servers the ball to the keeper on their side, whom plays the ball over the top to the keeper on the other side</li> <li>* The receiving keeper plays the ball to their outfield player who passes it back so they can return the ball.</li> <li>* Process continues</li> </ul>	<ul style="list-style-type: none"> <li>* Server plays the ball back at an angle and to both sides</li> <li>* Server plays the ball back with pace</li> <li>* GK comes to meet the ball</li> <li>* Plant non-kicking foot next to the ball</li> <li>* Strike underneath the ball</li> <li>* Follow throw the kick locking your shoulders as you look for placement and not just power</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 1 GK, 1 Defender, 1 Striker and a Target player</li> <li>* The target player plays on the defensive team</li> <li>* The balls in played in by the target player to create a 1 v 1</li> <li>* The defender and striker compete for it</li> <li>* If the striker wins it they can score on the goal</li> <li>* If the defender wins it they can either turn and play back to the target player or pass it to the keeper for them to play to the target player.</li> <li>* The defensive team win a point each time they play the target. No point is scored if it is just cleared.</li> </ul>	<ul style="list-style-type: none"> <li>* Effective instructions for the goal-keeper</li> <li>* Reading the strikers positioning</li> <li>* If defender is first offering angles out of the goal</li> <li>* Pace of the back pass</li> <li>* Plant non-kicking foot next to the ball</li> <li>* Strike underneath the ball</li> <li>* Follow throw the kick locking your shoulders as you look for placement and not just power</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 5 v 5</li> <li>* Players have to play the way they are facing, they can open up body before receiving the pass but if they are facing their own goal when in possession it has to be played back</li> <li>* Encourage the strikers to shut anything down that is played back</li> <li>* The offside rule does not apply</li> <li>* Coaching position needs to be in and around the keepers area</li> </ul>	<ul style="list-style-type: none"> <li>* Reading the pressure applied by the striker</li> <li>* Safety first</li> </ul>
<p style="text-align: center;"><b>MATCH</b></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including GK's or whatever numbers work out for group</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  = Goalkeepers   = Field Players         </div> <div style="text-align: center;">  = Ball   = Throe         </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  = Lofted or driven pass         </div> <div style="text-align: center;">  = Goal         </div> <div style="text-align: center;">  = Pass         </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  = Movement without the ball         </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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