

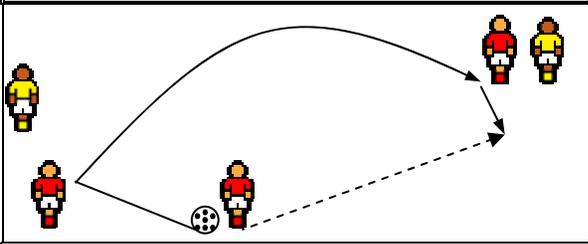
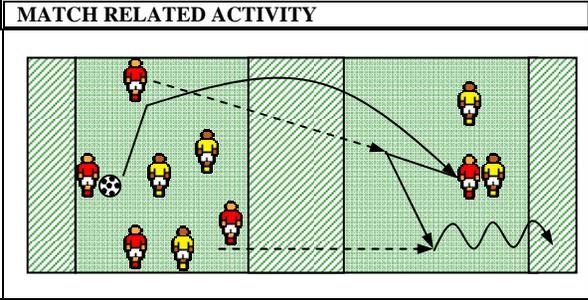
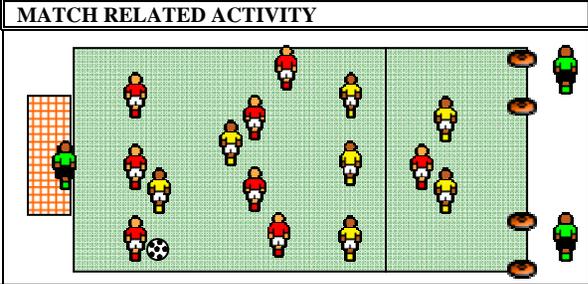
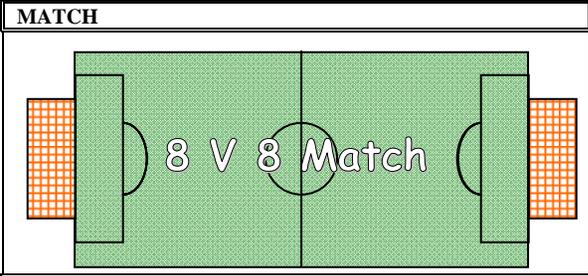


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Direct Counter Attacking

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Groups of 5 players, 3 attackers and 2 passive defenders * 2 attacking players stand approximately 20 yards away from their team mate. * The two players pass it back and forth and then hit a long pass to their teammate, whom is being passively marked by a defender. * The one player who does not hit the long pass then follows the ball for it to be laid back. The process continues. 	<ul style="list-style-type: none"> * Head up to look for target player * As you strike through the ball, put your head and shoulders over it and strike underneath the ball * Receiving player needs to get in line with the pass * Cushion the ball as they receive it <p>Guided Discovery What keys should the target player recognize that the ball is going to be played long?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Two teams of 5 players. Field is split into two halves with a neutral zone in the middle and scoring zones at the end of each half. * Players can not play in the neutral zone. * In one half start with 4v3, the other half has 2v1 * The four attackers must move the ball around to try and pass a long ball over the neutral zone to their target player. * They can then move into support the target player and try and score by dribbling into the end zone * Defenders can track back but must leave one up front 	<ul style="list-style-type: none"> * Recognition of when to play forward * Target players understanding of time and space * Timing of supporting runs <p>As the session develops you can give teams a restriction on the amount of passes they have to make before passing it over</p> <p>Guided Discovery Question What can you do as a target player to go directly yourself into the scoring zone on receiving the pass?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Play approx 2/3 of the field * One team try's to score on the big goal * The other team try's to score by passing to a target player through the counter goals. * The team attacking the counter goals have to play through their forward before going to a counter goal. The forward must stay past the half way line * You can work with either team 	<ul style="list-style-type: none"> * Recognition to play forward quickly * Strikers playing off the defenders shoulders to create space. * Keep possession to encourage the opposition to chase so you can create space in behind <p>Guided Discovery Question What must the center forwards do when the team is in possession of the ball?</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 * Teams can score two points if a goal is scored from a direct counter attack * Make the field long and narrow * Normal Soccer Rules * Little to NO coaching 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> = Players</p> <p> = Pass</p> <p> = Cones</p> <p> = Movement without the ball</p> <p> = Goal</p> </div> <div style="width: 45%;"> <p> = Ball</p> <p> = Goalkeeper</p> <p> = Dribble</p> <p> = End/ Neutral 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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