



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = High Pressure Defending

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Divide the group into three's, placing each threesome into a third of the grid * The middle team starts by playing the ball to one of the end teams. One player from the middle breaks out to try and win the ball back. * The end team can play the ball through the other side. * If the Def wins it, they break out and the team that lost possession goes in the middle 	<ul style="list-style-type: none"> * Immediate Chase * Body Position * Force the play into support * Communication
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4v4 including Goalkeepers * Coach Plays the ball in to 2 attackers * 1 Defender tracks back from the same side and 2 Def step forward from the opposite side * A third Att player steps forward from the opposite side * The Att players have to dribble over the half way line * If the Def team wins it back in the attacking half and score the goal counts for two * Progress to allow the Att team to pass the ball over 	<ul style="list-style-type: none"> * Communication * Pressure & Cover * Compactness * Decision Making * Transition
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 7 Attackers versus 6 Defenders * Ball starts with Gk, Attacking team is trying to score in the two counter goals * If Defensive team wins it they score in the big goal * Add Offside line * Vary the service, coach can distribute in from behind the counter goals. 	<ul style="list-style-type: none"> * Read the cues * Compactness- Stay connected * Tracking Back
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 7 V 7 including GK's * Divide the field into thirds * If a team wins possession back in the Attacking third and score it equals 3 goals * If a team wins possession back in the Middle third and score it equals 2 goals * If a team wins possession back in the Defensive third and score it equals 1 goal * Lift restriction after 10 minutes of play 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball 😊 😊 😊 = Players 🏆 = Goal 👉 = Dribble ➡ = Pass ➡ = Run
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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