



**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**  
**Adrian Parrish: Technical Director**



**Topic : Improve the teams ability to create and score from central positions**

**Training Objectives:**

Who? Primary Player - #9, #10, #7 & #11 Secondary Players - #8 & #6

When? The team is counter attacking after winning possession of the ball and the opponents are out of position

Where? Primarily in the attacking third but build up play could occur in the middle third

What? Improve our ability to create & finish goal scoring opportunities centrally through combination play, timing of the runs, good weight on the final penetrating pass and finishing/ shooting past the keeper

Why? To create more opportunities and finish them with a goal



**Duration: 15 Min**

**Activity Intensity: Low**

**Repetitions: 40**

**Activity Time: 15 secs**

**Recovery : 10 secs**

**Organization**

Mannequins are set up with 3 Defenders & 1 Midfielder 20/30 yards away from the goal. Place the #7, #9, #11 & #10 in starting positions and show passing patterns to create & finish. Start by playing into the keepers hand to warm them up too, progress to shooting/finishing.

**Coaching Points**

Timing of the movement, passing accuracy and weight, positive touches, opening up of the hips, technique of finishing by placing it into the goal, or striking the ball with the laces



**Duration: 18 Min**

**Activity Intensity: High**

**Repetitions: 3**

**Activity Time: 3 min**

**Recovery : 1 min**

**Organization**

40 x 50 yards including a 5 yard zone. 6 Attackers v 7 Defenders. #6 (Attacking team) starts in the zone with the #8 & #10 defensive team. #6 plays the ball in and joins the attack. #8 on defensive team can track back. Triangles score in the big goal (18 yard box is offside line), Circles score by playing into the #10 in the target zone who bounces it back for the player to then dribble into that zone.

**Coaching Points**

Supporting angles, speed and distance of the angles to support the player on the ball. Pull off the defenders shoulder to create space and passing lanes (Mobility) Weight and timing of the pass to penetrate or dribble. Finish by placing ball into the goal.



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**Topic : Improve the teams ability to create and score from central positions**



**Duration:** 18 Min      **Activity Intensity:** High  
**Repetitions:** 3      **Activity Time:** 3 min      **Recovery :** 1 min

**Organization**

7 Attackers vs. 8 Defenders in by 46 x 60 yard grid; Arc the sidelines to remove where the outsides back may be. Offside line is placed about 30 yards out from the big goal. Attackers score in the big goal, circles score by playing into their #9 who stays on the half-way line and he bounces it back for the receiving player to pass into one of the counter goals

**Coaching Points**

Find the deepest player #9, supporting movement from the #8 & #10 underneath. #7 & #11 stay wide as possible for balls to be slipped in-between the passing lanes for them to exploit. #6 dictates the tempo of the game.



**Duration:** 22 Min      **Activity Intensity:** Low  
**Repetitions:** 2      **Activity Time:** 10 min      **Recovery :** 2 min

**Organization**

9v9. Playing a 1-2-3-3 formation versus a 1-4-3-1 formation. FIFA rules applied including offside and corners

**Coaching Points**

Help the key players conceptualize their roles within the team to create and finish goals from central areas.

To learn more about the periodization for the activities in the lesson plans go to [www.fitfor90.com](http://www.fitfor90.com)

For a guide on the US Soccer Systems Of Play & Position Numbers [click here](#)