



Kentucky Youth Soccer Association

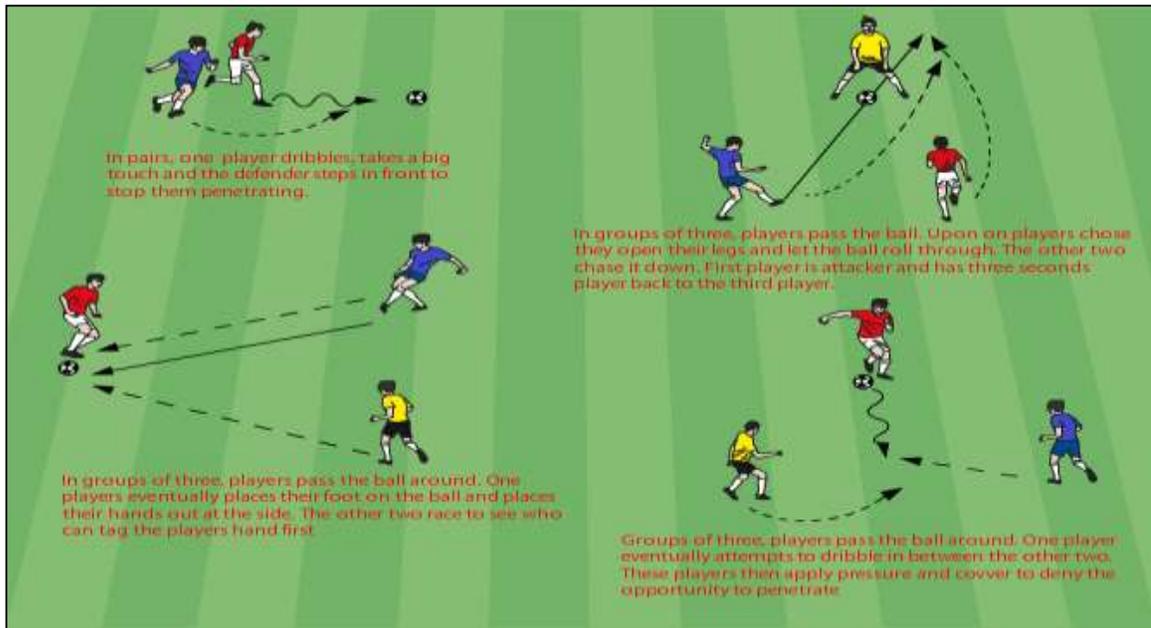
Coach Education Lesson Plan

Adrian Parrish: Technical Director



Topic: Improve the teams ability to transition to defend in their own half

- Who?** Primary Player - #10, #8 & #6 Secondary Players - #7 & #11, #5 & #4
- When?** The team has lost possession and immediate pressure cannot be applied in the opposing half
- Where?** Defending will start just over the half-way line and progress into the defensive half of the field
- What?** Work with individuals to be patient and force the opposition to play square or backwards. As a group staying compact and denying penetration and shifting to cut out passing lanes
- Why?** To deny the opposition the opportunity to penetrate and patiently wait to win back possession



Duration: 15 Min Activity Intensity: Medium Repetitions: 8 Activity Time: 15 secs Recovery : 10 secs

Organization

Players work in groups of 2 or 3 just performing the different activities as shown in the diagram to learn the concept of applying pressure and cover

Coaching Points

Be on the front foot, body shape/bend knees and sideways one, keep your eye on the ball, communication (provide information), get body across the attacker when winning back possession



Duration: 15 Min Activity Intensity: High
Repetitions: 4 Activity Time: 3 mins Recovery: 1

Organization

3v3 in a 40 x 25 grid, which includes two end zones. Players dribble the ball into the end zone and leave it to run around a pole five yards away. The team that has just been scored on then counter attacks to the other side

Coaching Points

Delay the player on the ball, Use side line if needed to make it compact, transition back to defend space on the far side of the player with the ball. Patience, shifting as a group and staying connected.



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Duration: 25 Min **Activity Intensity: Medium**
Repetitions: 4 **Activity Time: 5 mins**
Recovery: 1.5 min

Organization

55 yd x 40 yard field. Def team starts with the ball & attacks two counter goals. When a goal is scored the players on the other side then dribbles out to start the attack to the big goal. Offside line is 25 yards out

Coaching Points

Delay the play to get numbers back behind the ball, lock the play on one side with body shape and angles of support.



Duration: 22 Min **Activity Intensity: Medium**
Repetitions: 2 **Activity Time: 9 mins**
Recovery: 2 min

Organization

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

Coaching Points

Help the key players conceptualize their roles within the team to recognize when to transition back into the defensive half and deny the opponents the opportunity to penetrate