



# Kentucky Youth Soccer Association

## ODP Lesson Plan



Date: Saturday Nov 12<sup>th</sup> 2016

### Warm-Up



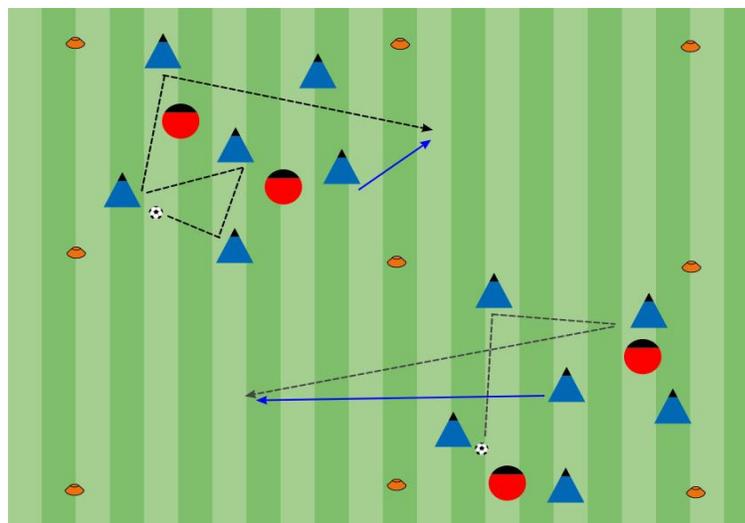
### Topic: Speed of Thought/Speed of Play

5v1 Rondo.

Grid is 7 wide x 10 length

- \* Ball starts in the middle with the six.
- \* Plays the ball out and the receiving player always has to take a touch into the grid before playing to another player.
- \* The player always switches places with the player that they passed it too
- \* Defender stays in the middle for 90 seconds
- \* Players should never be on the same line (square)
- \* Be ready to receive the ball, taking the touch away from the defender
- \* Scan the grid

### Stage II

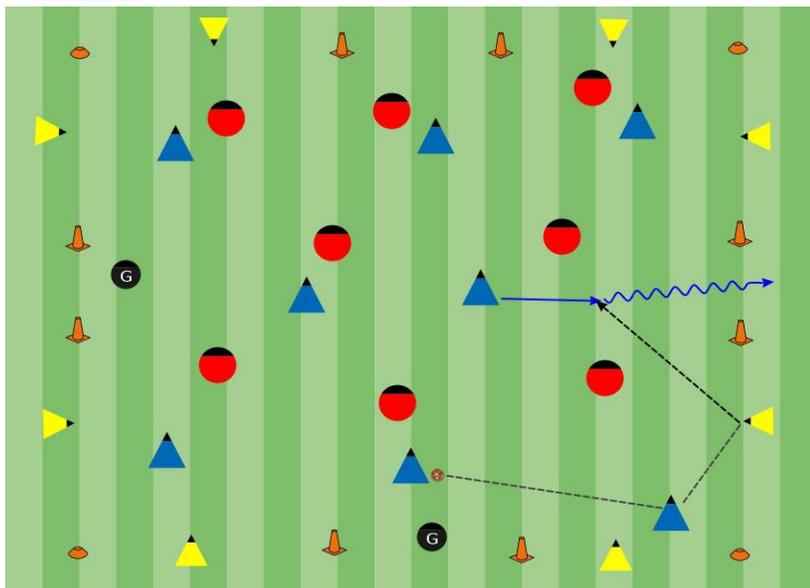


Set up 4 10x10 yard grids

6v2 in two of the grids (can be 7v2 or 7v3)

- \* Attacking players keep the ball away from the Defenders and look to play 1-2 touch rhythm.
- \* Attacking teams attempts to make five consecutive passes and then play into an empty square.
- \* Ball must be passed in and the whole group then moves into that empty grid.
- \* Defender wins it they switch with an attacker and play continues immediately
- \* Play with heads up looking to scan the field
- \* Be ready to receive the ball, taking the touch away from the defender
- \* Timing of the pass and run

### Stage III



30 x 35 yard grid with a goal on each side (goals are 3 yards)

8v8 in the middle with a team of 8 on the outside (one player on each side of the goal)

- Two Goal-Keepers (defend the goals, not on a team) If keeper saves gives back to other team
- Players score by dribbling through the goals
- Team in possession can use the bumper players to maintain possession.
- Players on the outside must play 1 touch
- Encourage the players in the middle to play in a 1-2 touch rhythm
- Team switch with the bumper players after 4 minutes.

Cool Down & Review Session