



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Movement of the Strikers to create shooting opportunities

Coach= Adrian Parrish

FUNDAMENTAL – WARMUP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* 6 Players, three stand just on top of the penalty box and the other three near the goal.</li> <li>* Places three cones on top of the penalty box</li> <li>* One striker stands on the middle cone, checks through a gate and back to receive the pass.</li> <li>* Striker lays it back to the passer and spins off the outside cone for the passer to play it back through the gate.</li> <li>* Striker takes it to play 1v1. Players rotate lines.</li> </ul>	<ul style="list-style-type: none"> <li>* Angle /Timing of Runs</li> <li>* Lead players into the pass/dribble</li> <li>* Engage the keeper off the line</li> <li>* Place the ball into the corner</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 30 x 24 grid divided in half</li> <li>* Place one defender and one attacker in each half.</li> <li>* Two Midfielders play the ball into the first striker and move in to support.</li> <li>* The striker combines with the midfielders to then play into the second striker.</li> <li>* Strikers and defenders stay in their section and the midfielders run into support.</li> <li>* If the defenders win in it, they dribble over the line where the midfielders started the activity.</li> </ul>	<ul style="list-style-type: none"> <li>* Strikers needed to be staggered and not behind each other.</li> <li>* Timing of the runs</li> <li>* Place body between the defender and the ball</li> </ul> <p style="margin-left: 20px;">Defenders apply light pressure to start.</p> <p style="margin-left: 20px;">Progression</p> <ul style="list-style-type: none"> <li>&gt; Allow the first pass to go to the second striker</li> <li>&gt; First striker can turn and play into second striker</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 7v7 with a neutral player</li> <li>* Divide the field into thirds, with the middle channel being slightly bigger than the two wide channels</li> <li>* The team you coach plays in a 1-3-1-2 formation</li> <li>* Any players are permitted in all the channels</li> <li>* If the team scores a goal through the middle channel it equals three</li> <li>* Any goal scored off a cross equals one goal</li> <li>* Offside rule applies</li> </ul>	<ul style="list-style-type: none"> <li>* Movement of the strikers, encourage them to stay centrally but staggered.</li> <li>* Strikers look to play off the defenders shoulders.</li> <li>* Timing of runs from the strikers and angles of support from the midfielders</li> </ul>
<p><b>MATCH</b></p>	<ul style="list-style-type: none"> <li>* 8V8</li> <li>* Normal Soccer Rules</li> <li>* Teams play in a 1-3-2-2 formation and/or a 1-2-3-2 formation</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Players</li> <li> = Pass</li> <li> = Run-Move</li> <li> = Goal</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Ball</li> <li> = Cone</li> </ul> </div> </div>