



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Movement off the Ball/Combination Play

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two teams of 4 players in a 20 x 20 grid that is divided into quarters. * One player from each team goes on the end of the grid * Players in the middle play in opposite or diagonal squares * One team starts by playing the ball in and the players combine to pass the ball to the other side. * The ball is then given to the other team to connect and pass to the other side. * Repeat several times. No defending in the middle 	<ul style="list-style-type: none"> * Players need to move before the ball travels * Checking over the shoulder * Open up hips * Play the ball with pace into the leading front of the receiving player * Move after the pass has been executed.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Same set up as previous activity. * Defenders can now apply pressure but can only defend in two squares * Attacking players play for 60 seconds and see how many times they can combine to get from target player to target player. * If the defender wins it they play to any target player 	<ul style="list-style-type: none"> * Timing/Speed of the runs * Scan the playing area * Pace of passing
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Extended the grid to 24 yard x 24 yards * Play 4v4 in the middle but keep the four squares * Teams play keep-away Play with the following restrictions * After each pass the player has to move into a different square * Cannot pass to a team-mate in the same square * Two or more players can not be in the same square 	<ul style="list-style-type: none"> * Do not be standing still * Think where to move before the passes are made (Scan the field)
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 6 V 6 * Normal Soccer Rules * Teams play in a 1-2-1-2 formation 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Players = Pass = Run-Move = Goal </div> <div style="text-align: center;"> = Ball = Cone </div> </div>

Website: www.kysoccer.net

Telephone: 859-268-1254 ext 114

Email: adrianparrish@kysoccer.net