



Kentucky Youth Soccer Association

Coach Education Lesson Plan

Adrian Parrish: Technical Director



Topic: Numerical Superiority in the Attacking Half

Who? Primary Player - #9 #10, #8, #7 & #11 Secondary Players - #6, #2 & #3

When? The team has gained possession and can look to penetrate quickly to create the counter attack

Where? When the ball is won or possessed in the midfield and transitioned into the attacking third

What? Work with players to recognize when to penetrate along with the time and angles of their supporting runs

Why? To give the team more options in the attacking third so they can look to have more options to create goal scoring opportunities.



Duration: 15 Min **Activity Intensity:** Medium
Repetitions: 10 **Activity Time:** 35 secs **Recovery:** 35 secs

Organization

Players are in teams of 4 with one neutral player. To get the players warmed up they just pass and move a ball around for a few minutes. 30 x 24-yard grid. 2 end zones are added with a defender and attacker from each team placed in the end zone. 2v2 in the middle with a neutral player. The teams try to play out of the middle zone and must pass the ball into their target player before joining them to create a 2v1 and score in the small goal.

Coaching Points

- * Weight of pass, lead players into the next pass
- * Angles of timing of movement to receive the pass
- * Body shape, should be opened up to try and play forward, drop off the defender to try and see the whole field.



Duration: 25 Min **Activity Intensity:** Medium
Repetitions: 3 **Activity Time:** 5 mins **Recovery:** 90 secs

Organization

6 Attackers versus 5 Defenders (inc GK). 5 of the attacking team are placed in a 38 x 18-yard grid versus 2 Defenders. A striker and two defenders are placed out of the grid towards the big goal. The 5 attacking team players in the grid have to complete 4 to 6 passes before looking to play out to the striker. When the ball is released two of the attacking team break out of the grid to create a 3v2 to goal. If the defenders win it they play back to the players in the box who score by dribbling over the end line of the grid. Progress to allow a defender & another attacking to break out to create a 4v3

Coaching Points

- * Timing and movement of the striker, must keep body between the defenders and the ball.
- * Timing and distance of supporting runs from the midfield, don't go past the ball.
- * Speed of the attack, look to penetrate quick and go to goal



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Duration: 20 Min **Activity Intensity:** Medium/High
Repetitions: 8 **Activity Time:** 2 mins **Recovery:** 1 min

Organization

8 attackers versus 9 Defenders. Attackers go to the big goal and defenders score in the three counter goals. Attacking team plays with 3 strikers, 3 midfielders and 2 outside back. Defensive team plays with 1 keeper, 4 defenders, 3 midfielders and 1 striker

Play with a high offside line to try and create the space in behind the defenders.

Normal soccer rules including offside and set plays.

Coaching Points

- * Move the ball to try and create 2v1 or 3v2 scenarios
- * Read the cues and movement of the opposition to dictate the supporting movement and passes that are made. For example, as in the diagram, if the winger moves inside the outside back should look to overlap.
- * Ball has to be circulated quickly



Duration: 20 Min **Activity Intensity:** Medium/High
Repetitions: 8 **Activity Time:** 2 mins **Recovery:** 1 min

Organization

11v11 on full size field with normal soccer rules.

Team that you are coaching plays in a 1-4-3-3 versus a 1-4-4-2

Coaching Points

- * Same as previous activities, encouraging the team to circulate the ball quickly to create numbers up situations.
- Team may have to play a little direct and skip lines to create these scenarios