



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Passing and Dribbling to maintain Possession

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 2 v 2 + 1 in a 15 x 10 yard grid * Players can pass and move around in the grid to loosen up * Eventually players will become live in trying to just keep the ball away from the other team. * Teams score a point by splitting their opponents with a pass or a dribble 	<ul style="list-style-type: none"> * Face defenders to keep the game going in a positive manner * If dribble is on go with speed * Speed of pass * Supporting angles and distance of teammates when in possession of the ball.
SMALL SIDED GAME ACTIVITY 	<ul style="list-style-type: none"> * Place 7 to 8 gates approx 2 yards wide around the grid * Play 5 v 5 + 1 * To start teams can only score a point successfully passing through a gate to a team mate * Add they can also score by dribbling through * First team to 15 wins the game 	<ul style="list-style-type: none"> * First touch and speed of pass * Movement of the ball and team mates to exploit space * Decision Making
EXPANDED SMALL SIDED GAME ACTIVITY 	<ul style="list-style-type: none"> * 7 v 6 (inc Gk) * 7 Attacking players go towards the big goal * 6 Defenders score by passing to their target player through the counter goals. Target player must remain in designated area. * One of the two defenders can come out of the designated area when attacking team is in possession * Attacking team plays all in. Defending team plays 3 touch limit 	<ul style="list-style-type: none"> * Look forward quickly * Wide players to create width, forwards to stay deep and play on the shoulders of the defenders. * Move the ball around to create openings to attack on the dribble or splitting pass * Movement to create space in and around the attacking third
MATCH CONDITION ACTIVITY 	<ul style="list-style-type: none"> * 7 V 7 including GK's * One team plays in a 3-2-1 * One team plays in a 2-3-1 * Normal Soccer Rules * Use half of a regular 11 a-side regulation field 	KEY TO DIAGRAMS
COOL DOWN	Players pass and move in pairs. Stretch	

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