



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Patterns of play to incorporate flank players

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FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * At each cone there will be 2-3 players with balls at lines of X1 and X2. * X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1. * X2 lays ball off with 1 touch to X3 who finishes on goal. X1 lays the ball off to X4 who finishes on the opposite goal. * Pattern repeats with the next players in each line. 	<ul style="list-style-type: none"> * Weight of pass * Timing of the runs * Open up the hips to allow ball to come across the shooters body * Read the keepers position and finish the opportunity <p>Guided Discovery What can the shooter do to change the keepers position</p>
<p>FUNDAMENTAL - WARM UP (Continued)</p>	<ul style="list-style-type: none"> * Same number of players as previous activity * X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1. * X1 receives and lays a ball off to X4 who is overlapping to deliver a cross to X2. X2 receives and lays a ball off to X3 who is overlapping to deliver a cross to X1. * X 1 & X2 must delay their runs onto the ball provided by X 3 & X4 to finish on goal * Pattern repeats with the next players in each line. 	<ul style="list-style-type: none"> * Weight of pass * Timing of the runs * Crossing player needs to touch the ball in before sending the ball across * Attacking player needs to hit the cross with speed <p>Guided Discovery Question What signals can the striker picking up from the flank player to change their run?</p>
<p>SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> * Functional Training using approximately quarter of the field. * Attacking team has 2 Def, 3 Mids and 2 Strikers * Defensive team has 1 GK, 3 Defs, 3 Mids and 1 Striker * Attacking team try to score in the big goal * Defensive team pass the ball through the counter goals to target player * Target players switch the attack and play back to the attacking team 	<ul style="list-style-type: none"> * Encourage the wide players to keep their width * Strikers to stay as centrally as possible * Look for some of the patterns below to come out <ul style="list-style-type: none"> > Wide Player Takes the Def on 1 v 1 > Wide Player dribbles in and looks to combine with strikers > Full Backs Overlap > If Back line is pushed up can ball be played over the top into the corner
<p>EXPANDED SMALL SIDED ACTIVITY</p>	<ul style="list-style-type: none"> * Phase of Play using just over half the field * Attacking team go to the big goal * Defensive team play to the counter goals, but it must be touched by their target player past the line of confrontation before they can score * Have numerous balls placed around the area for the last two activities to keep it flowing 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> = Players</p> <p> = Cone</p> <p> = Pass</p> <p> = Dribble</p> </div> <div style="width: 45%;"> <p> = Goalkeeper/Target Player</p> <p> = Ball</p> <p> = Run off the Ball</p> <p> = Goal</p> </div> </div>
<p>MATCH</p>	<p>9 v 9 Game with little to no Coaching</p>	

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