



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Playing Forward, Back and Through

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FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Three teams of three players</li> <li>* Two teams work together to keep the ball away from the other team</li> <li>* Defensive team becomes the attacking team if they win possession or force one of the attacking teams to make a mistake</li> <li>* Attacking teams are restricted to three touches or less</li> </ul>	<ul style="list-style-type: none"> <li>* Draw the defensive team in</li> <li>* Be patient as a unit</li> <li>* Be aware of the defenders positioning (play what they give you)</li> <li>* Support Play</li> </ul> <p><b>Guided Discovery Question</b> What do you have to do with your body to be aware of your surroundings as you check to the ball?</p>
<p><b>SMALL SIDED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 4 V 4 with 4 players from each team on each side of the grid</li> <li>* Players in the middle have unlimited touches</li> <li>* Players on the outside have a two touch limit but can not be challenged</li> <li>* Outside target players can not play to each other</li> <li>* Teams can score a point if they can pass the ball from one side to the other</li> <li>* Rotate players every 3 to 4 minutes</li> </ul>	<ul style="list-style-type: none"> <li>* Change of speed to support the pass</li> <li>* As one player checks too, there also has to be players checking away</li> <li>* Look for 1-2 combinations</li> <li>* Be aware of the defenders positing (play what they give you)</li> <li>* Support Play</li> </ul> <p><b>Guided Discovery Question</b> How and why do you draw the defensive team in?</p>
<p><b>EXPANDED SMALL SIDED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Place two end zones at the end of a 65 x 45 grid</li> <li>* End zones are a free area and each one can be entered by the team that has possession</li> <li>* The ball can not go directly from end zone to end zone</li> <li>* 3 touch maximum in the middle</li> <li>* Players can dribble or pass into the end zone (under control)</li> <li>* A point is scored when you successfully transfer the ball from one side to the other while maintaining possession</li> </ul>	<ul style="list-style-type: none"> <li>* Look deep first</li> <li>* If it is not on to play forward, be patient</li> <li>* If the checking player does not receive the ball, he/she must spin out to create the space</li> </ul> <p><b>Guided Discovery Question</b> Why is it important to over hit your long passes?</p>
<p><b>LARGE GAME</b></p>	<ul style="list-style-type: none"> <li>* 6 v 6 for U12 Teams</li> <li>* 8 V 8 for U14 Teams and above</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching, but looking for the patterns of play that you have just covered</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  = Players         </div> <div style="text-align: center;">  = Ball         </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  = Pass         </div> <div style="text-align: center;">  = Movement/Run         </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  = Goal         </div> <div style="text-align: center;">  = End Zone/Safety Zone         </div> </div>
<p><b>COOL DOWN</b></p>	Light jogging and static stretching	

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