



Kentucky Youth Soccer Association Coach Education Lesson Plan

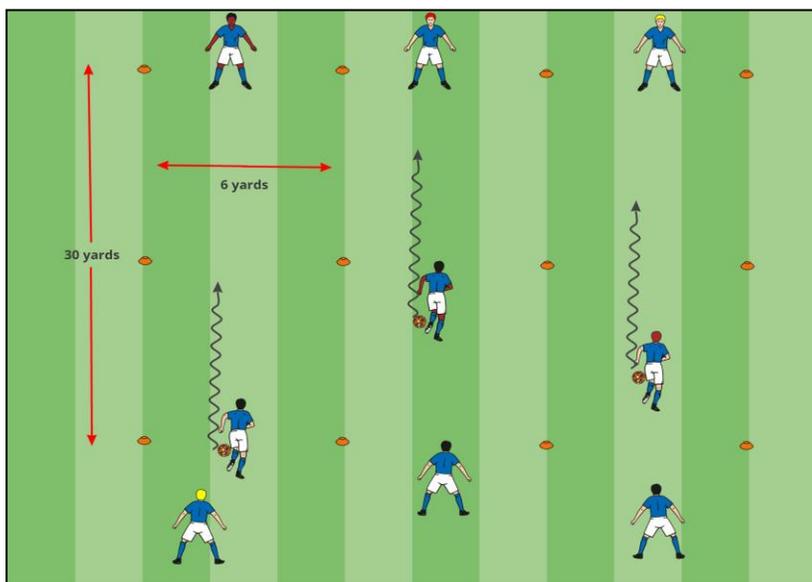


Topic : Running with the Ball

Coach : Adrian Parrish

Training Objectives: Help improve the technical ability of young players to run with the ball into open space. Specifically focusing on the technique of moving the ball with speed when the opposition provides the area for the players to maneuver in to. Activities are set up to work with 8 year old players and younger, however they can be used for older aged players if they are struggling with the mechanics of running with the ball.

Warm-Up Part 1

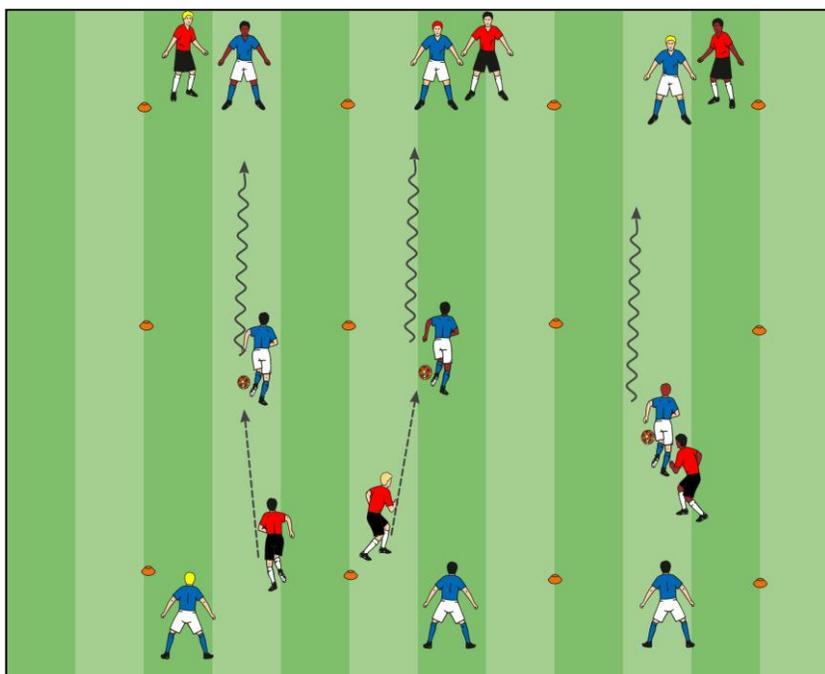


Organization

Place the players in groups of 3 or 4. One ball per group. Set the grids up with 30 x 6 yard channels. Players run with the ball at their feet from one side of the channel to the other where they pass the ball to their team mate. The activity continues with the receiving player running back with the ball. To challenge the player's coaches can time the players and make it a race between the teams or narrow the channels

Coaching Points

- * Have a positive first touch, pushing the ball out of the body using the inside of the ball.
- * Players keep eyes looking forward and take a glance down at the ball when they touch it.
- * Ball needs to still be within touching distance even when the player is running at full speed
- * Players keep a natural running motion but touch the ball with the top of the instep



Organization

Add two players to each group. The player running with the ball is now being chased by a defender. The defender starts on one knee and as soon as the attacking player has touched the ball out of their feet they may chase them down.

Coaching Points

- * Have a positive first touch, pushing the ball out of the body using the inside of the ball.
- * Players keep eyes looking forward and take a glance down at the ball when they touch it. Do not look back behind to see where the defender is.
- * Keep body in between the defender and the ball, so the defender either has to go around or foul the player with the ball.

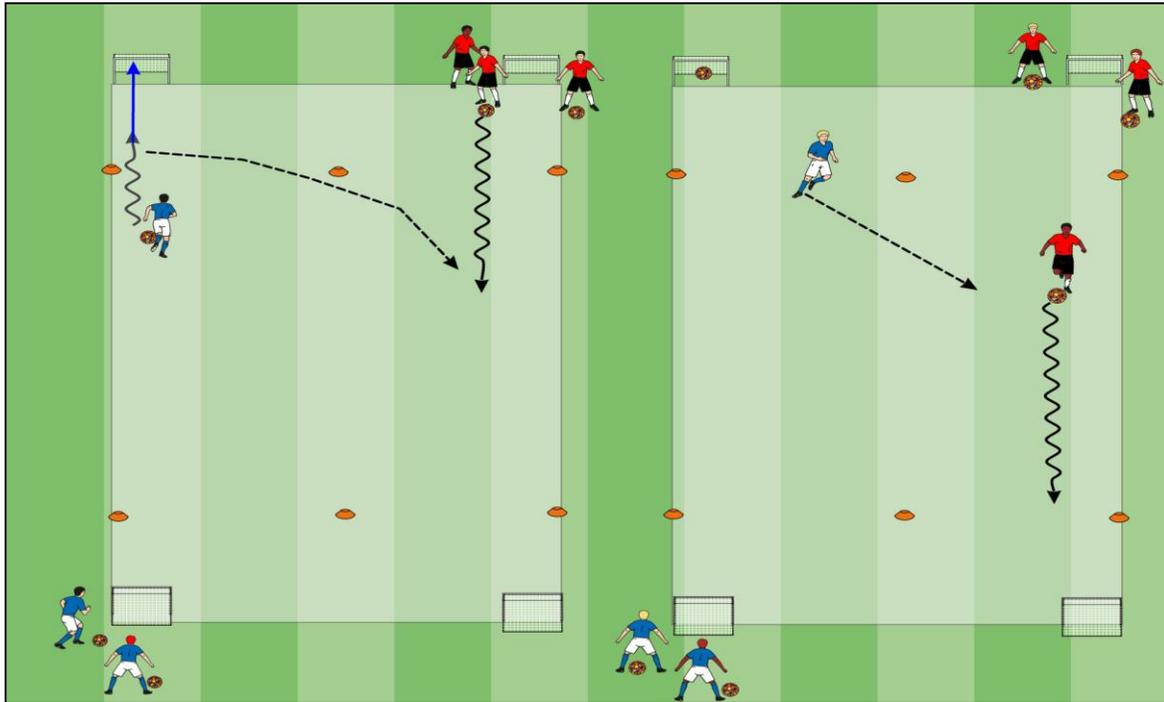


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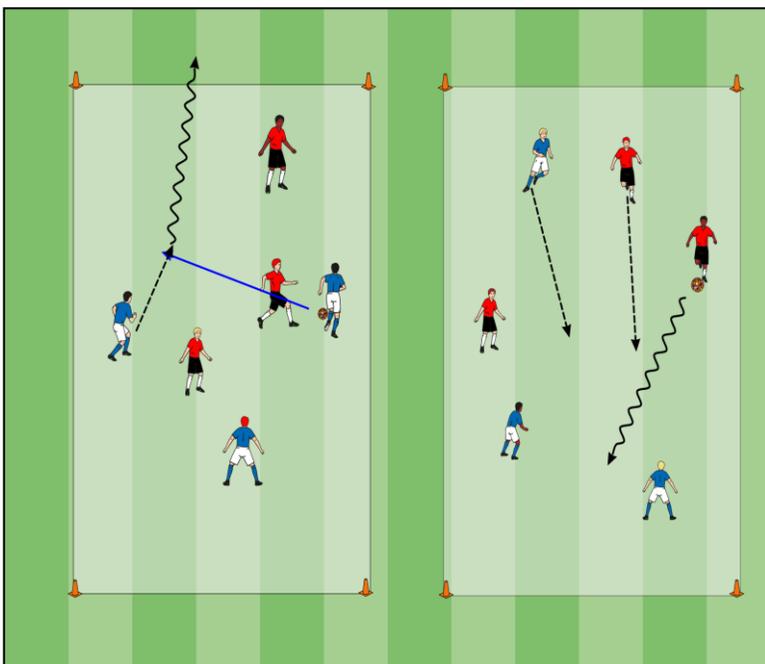


Organization

Grids are 38 x 12 yards with a shooting zone six yards out from two goals. The first player runs with the ball as quickly as possible down to other side, as soon as they enter the shooting zone they place the ball in the back of the goal. The player on the opposite side can then run with the ball down to score in the shooting zone, the player that has taken the first shot immediately chases the player running with the ball. Activity continues.

Coaching Points

- * Have a positive first touch, pushing the ball out of the body using the inside of the ball.
- * Players keep eyes looking forward and take a glance down at the ball when they touch it.
- * Players keep a natural running motion but touch the ball with the top of the instep and get their feet as quickly as possible.
- * Keep body in between the defender and the ball, so the defender either has to go around or foul the player with the



Organization

38 x 16 yard grids. Play 3v3, teams score by running with the ball over their opponent's end line.

A progression can be to have two balls being played with at the same time, add a neutral player to create more opportunities or add an extra player to each team to make it more difficult for exploiting the space.

Coaching Points

- * Teams are encouraged to pass the ball around to create space that can be exploited
- * Engage defenders and then explode into the area behind them.