



Kentucky Youth Soccer Association

Coach Education Lesson Plan

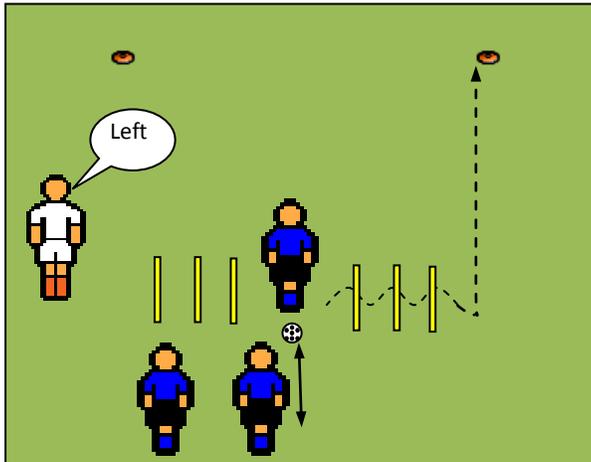


Topic : Speed & Agility Training With the Ball

Coach : Adrian Parrish

Training Objectives: To help players improve their speed related to positions they play in the game.

Warm Up



Duration: 10 Mins
Repetitions: 15-20

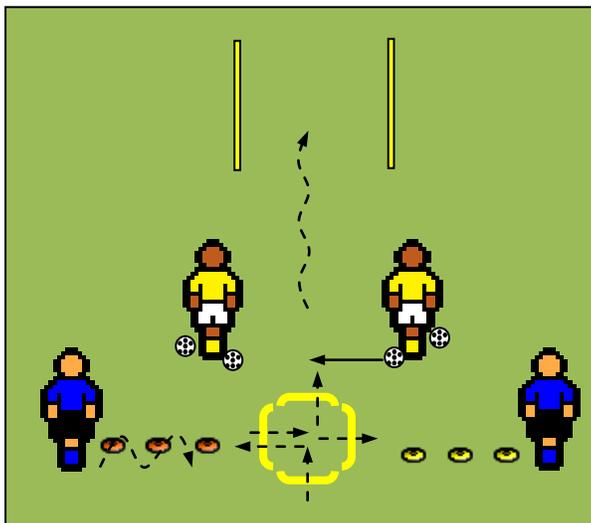
Activity Intensity: Low thru High
Recovery Time: 1 minute

Organization

- * Players in groups of 3, with a ball. 6 Training poles & 2 cones
- * Two players stand two yards apart passing the ball back & forth
- * One the coaches command the player side steps over the poles and jogs out to the cone which is placed approximately 8 yards away.
- * Build from jogging out at 50% to 75% thru to 100%
- * As soon as the player has left the next one steps in
- * Progress to having the server call out which side the player goes to.
- * Progress to having a ball at the end of the ball that the players takes on the run

Coaching Points

- * Pace on the pass, don't let the ball stop. Play 1 touch
- * Keep the feet moving quick over the poles
- * [Click Here](#) to view the activity



Duration: 10 Mins
Repetitions: 10-15

Activity Intensity: Low thru High
Recovery Time: 90 seconds

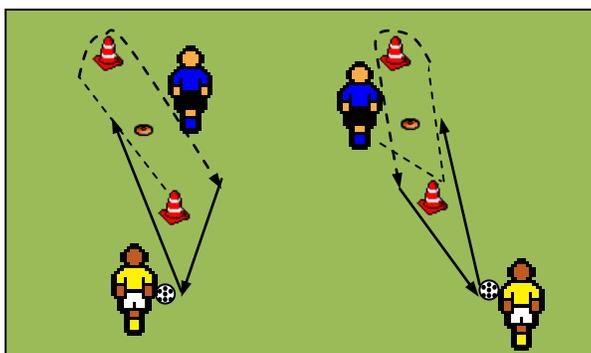
Organization

- * Players before fast feet, shuffle or side steps over 3 or 4 discs
- * Four hurdles are placed in a square
- * Players have to bunny hop over all four hurdles
- * As the player jumps over the last hurdle a ball is passed into the player for them to receive it and dribble through the gate.
- * Rotate sides. Server switches as the player with the ball comes back.

Coaching Points

- * Lean into the pass and explode through the gates
- * Keep knees bent
- * [Click Here](#) to view the activity

Defenders



Duration: 10 Mins
Repetitions: 5-7

Activity Intensity: Medium -High
Recovery Time: 90 seconds

Organization

- * Players are placed in pairs, with one ball, two larger cones and a disc
- * Cones are placed 10-15 yards apart
- * Defender checks to the first cone, when the ball carrier passes the ball the defender explodes to retrieve the ball and take it around the cone to pass back.
- * Complete 5-7 reps before switching roles

Coaching Points

- * Keep center of gravity of low and be light on your feet
- * Bend the explosive run
- * [Click here](#) to view the activity



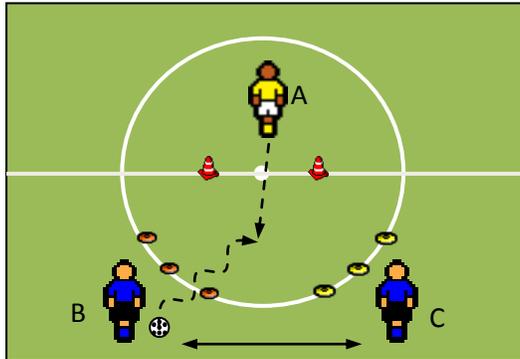
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Topic : Speed & Agility Training With the Ball

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Center Midfielders



Duration: 10 Mins
Repetitions: 8-10

Activity Intensity: Medium-High
Recovery Time: 90 seconds

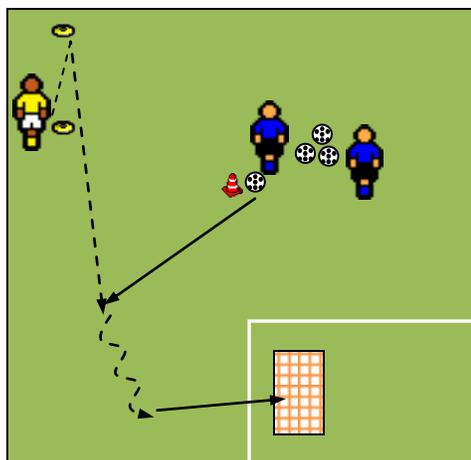
Organization

- * Player A does quick sideways runs between the cones on the halfway line
- * Player B & C pass the ball back and forth
- * When player A calls out a color of the two set of cones the player on that side dribbles through the cones and tries to get through the gate where player A was standing.
- * Player A explodes out to meet the player dribbling with the ball and tries to win the ball. Play for 3-4 seconds.

Coaching Points

- * Play on the front foot to explode into the dribble/run
- * [Click Here](#) to view the activity

Wingers



Duration: 10 Mins
Repetitions: 8-10

Activity Intensity: Medium-High
Recovery Time: 90 seconds

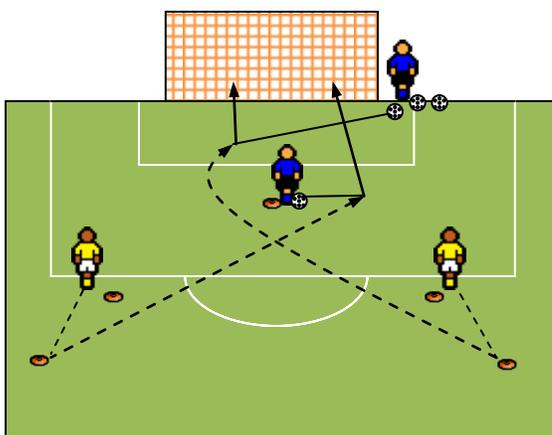
Organization

- * The winger checks in between the two cones, which are placed 5 yards apart.
- * When then player is on their way back and server pass the ball for the winger to explode onto and take on the dribble.
- * Winger passes the ball into the goal
- * Progress to add a defender to track the winger and apply pressure.

Coaching Points

- * Build up speed in between the cones and explode onto the ball
- * Positive touch out of foot to maintain running speed
- * [Click here](#) to view the activity.

Strikers



Duration: 10 Mins
Repetitions: 8-10

Activity Intensity: Medium-High
Recovery Time: 90 seconds

Organization

- * Two strikers check in between two cones which are placed 5 yards apart on top of the 18 yard box.
- * One server stands in between the six yard box and the PK spot
- * Another server stands on the outside of the goalpost. No keeper is needed as the focus is on working on the speed and reaction and not the shooting.
- * Strikers, explode out of the second gone and sprint to receive the pass from the servers.

Coaching Points

- * Build up speed in between the cones and explode onto the ball
- * Players need to meet the ball at full speed
- * [Click here](#) to view the activity