



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Technical Fitness II

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* All players except one dribble around in the area</li> <li>* On the coaches command of change players put their foot on their ball and try to find another one</li> <li>* The player who does not have a ball when they have all started dribbling again must go to the coach and conduct 20 ball manipulation skills</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage sharp movement when dribbling</li> <li>* Be to the ball first</li> <li>* Accelerate when the player gets a new ball</li> <li>* Focus on quality technique</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Divide the group into two teams of 5</li> <li>* Put five balls into the area</li> <li>* Play team keep away for 90 seconds</li> <li>* At the end of the 90 seconds the winning team is the team that has the most balls in their possession</li> </ul>	<ul style="list-style-type: none"> <li>* Protect the ball if you have possession</li> <li>* Can you double up defensively to win the ball</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Play 3v3 with a three goals in the middle of the field</li> <li>* A team is on deck waiting to play</li> <li>* Teams play for 90 seconds</li> <li>* Teams score by passing a ball through a goal to a team-mate</li> <li>* The team that wins have the option of staying on or taking a rest</li> </ul>	<ul style="list-style-type: none"> <li>* Make sure players hydrate while they are on deck</li> <li>* Keep a supply of balls next to you as the coach to keep the game flowing quickly</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Players from the attacking team must be past mid-field for a goal to be scored. If they are not the goal does not count</li> <li>* All of the defensive team must be back as well otherwise the goal counts double</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>→ = Pass</li> <li>😊😊 = Players</li> <li>🏠 = Goal</li> <li>---▶ = Run w/o ball</li> <li>🟠 = Disk</li> <li>👤 = Coach</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players throw, roll and catch the ball in pairs. Stretch</p>	

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