



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Transition to Attack

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Three teams of 3 or 4 players * Two teams work together to keep the ball away from the other team * If the one team wins possession or forces a mistake they join the attacking team. * The team that lost it then becomes the defensive team * The defensive team does not switch roles until they have secured possession amongst themselves or with the other team. 	<ul style="list-style-type: none"> * Defensively stay compact, don't chase * Secure the ball when possession is gained * Move into space quickly <p>Guided Discovery What signals can you recognize that allows you or your team mates to go and win the ball?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Keep the group in teams of 3 or 4 * Field is set up with one big goal and two counter goals * The attacking team dribbles towards the big goal. * The defending team stays behind the confrontation line * If they win the ball they break quickly to score on either counter team, the attacking team can back track to defend * If they get scored against they remain as the defenders and the other team attacks, if they do win it and score again the switch roles with the team waiting to attack. 	<ul style="list-style-type: none"> * Stay connected defensively * Be patient * Break quickly, explode into the space * Decision making, dribble or pass * Movement and support of the 2nd and 3rd runner <p>Guided Discovery Question If you see space in front of you what should you do?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 6 v 6 game, only coach one team * Teams start in their own halves * When the team is not in possession they should have every player back in their own half. * If they do not have all players back and they get scored upon it counts as double. 	<ul style="list-style-type: none"> * Defensive team shape * Outlets upon gaining possession * Decision making upon gaining possession, is it on for a quick counter attack or should possession be maintained * Don't over commit <p>Guided Discovery Question What could happen if you over commit upon winning possession?</p>
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 6V 6 including GK's or whatever numbers work out for group * Normal Soccer Rules * Little to NO coaching 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Ball </div> </div> <p style="text-align: center;">→ = Pass</p> <p style="text-align: center;">⚡ = Dribble</p> <p style="text-align: center;">- - - → = Movement without the ball</p> <div style="text-align: center;"> = Goal </div>
<p style="text-align: center;">COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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