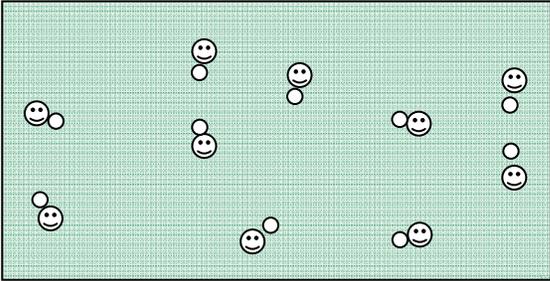
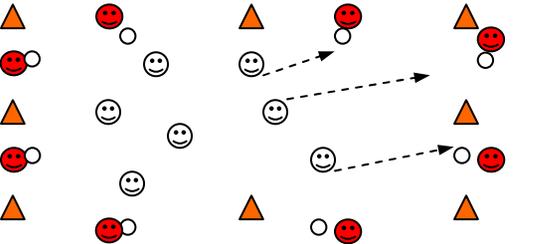
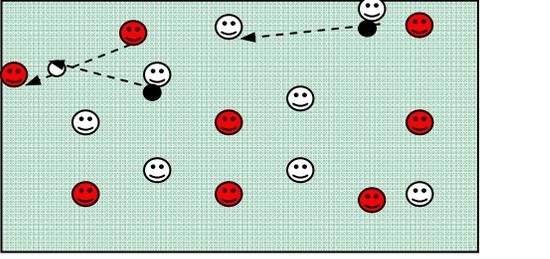




Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Recovery Session for U15 and Above

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
 <p>Variations: Coach can ask players to perform various dribbling techniques and movements</p>	<p><u>Technical Dribbling Movement</u></p> <ul style="list-style-type: none"> All players have a ball and dribble in an unrestricted space. On their own, players work on change of directions moves, change of pace, using varying surfaces of the foot, moves to beat an opponent. <p><u>Dynamic Stretching (Stretching while moving)</u></p> <ul style="list-style-type: none"> Jogging, backward jogging, Side to side slides, High Knees, Bum Kicks, Straight leg kickouts, Side leg kickouts, Up-Over-outs, up-over-ins, Knee to chest into lunge, Add a series of ¾ speed running patterns at the end. To complete the warm-up, players should pair up and partner stretch 	<p><u>Aerobic: Low Intensity Activity</u></p> <ol style="list-style-type: none"> Maintain HR at 40-65% of max Should be short intervals that alternate low intensity work with a rest period Activities should emphasize mobility and Flexibility <p><u>Dribbling-</u> Change of pace, deception, ball familiarity, using all surfaces of the foot</p> <p><u>Dynamic Stretching (Stretching while moving)</u></p> <ul style="list-style-type: none"> Should focus on low intensity movement that improves flexibility in hips, ankles, knees, lower back, and hamstrings Should aid in recovery by helping to remove Lactic Acid buildup in muscles.
<p>MATCH RELATED ACTIVITY</p> 	<p><u>Technical Skills Window-</u> 2 Groups of 8</p> <ul style="list-style-type: none"> Inside players “visit” outside players in random order while performing a given skill. Record team score for 90-second intervals. Rotate inside and outside players after each interval. Change activity after two rounds. <p>Windows Skills include: 1-2 touch passing, receiving and turning, Volleys, ½ volleys, thigh volleys, chest volleys, head volleys,</p>	<ul style="list-style-type: none"> Improving technical speed and comfort with the ball Proper passing and receiving technique Angle and distance of support Communication Vision <p>**For increased repetition of skill sets, create two or more windows groups.</p>
<p>MATCH RELATED ACTIVITY</p> 	<p><u>8V8 Possession</u></p> <ul style="list-style-type: none"> Area 40 yards x 35 yards One team starts with the ball at their feet and tries to maintain possession. The opposing team has two balls they can use to throw and attempt to hit the other teams ball while they are in possession . If the defending team can successfully throw a ball and hit the other teams ball, possession immediately changes and roles reverse. Play a series of 5 min games. The team who has possession of the ball at their feet last in the winner of that round. 	<ul style="list-style-type: none"> Communication- both attacking and defending Speed of play- clean technical passing and receiving Angle and Distance of support Creating width and depth when in possession Changing the point of attack quickly Shrinking the field defensively Making play predictable defensively <p><u>Variations:</u> To increase speed of play, give defending team a 3rd ball.</p> <p>**For increased repetition of skill sets, create two groups of 4V4 possession</p>
<p>COOL DOWN</p>	<p>Light jogging and stretching</p>	