

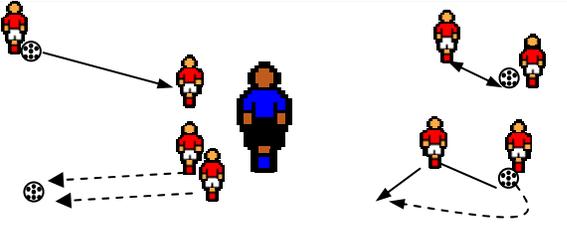
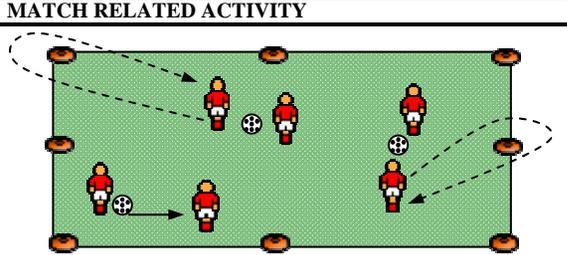
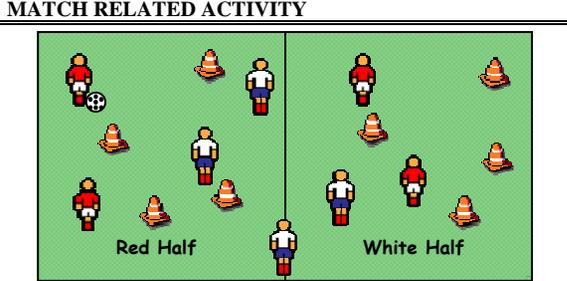
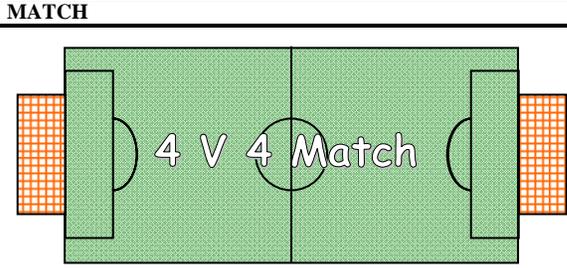


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = U8 Passing Connections

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in pairs with one ball * Coach throws the ball out and has the players work together to go and retrieve the ball. * They can run and collect and do a number of passes before dribbling it back. * Run and collect and pass it back to coach in a set number of touches * One player gets it and passes a long ball back. 	<ul style="list-style-type: none"> * Encourage players to pass through the middle of the ball * With shorter passes, encourage the players to use the inside of their foot. * Coach needs to move around to encourage the players to look up.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Players remain working in pairs with one ball per group * One player passes to their team mate , then runs around one of the cones * They check back into receive ball back from their team mate whom waits in the grid * The player that then remained in the grid passes it to their team mate and runs around a cone. * To start the player remaining in the grid is stationary and then progresses to dribbling around. 	<ul style="list-style-type: none"> * As the player comes back to receive the pass their team mate should pass it, once eye contact has been made. * Encourage communication * When receiving the ball, players must touch the ball into the area they want to move into.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * 4 v 4 on a 20 yard x 30 yard grid, divide in half * Teams place an equal amount of the standup cones in their own defensive half. * Players around allowed to move around the whole area * The aim is to try and knock down a cone in your opponent's defensive half by passing the ball against it. * When the cone has been knocked over the player that knocked it down picks it up and takes it over to their defensive half * Game is won when all the cones are in one half 	<ul style="list-style-type: none"> * Encourage a different range of passing. * Show players how to support <p>A second ball can be added to speed up the game and to keep all the players involved.</p>
<p style="text-align: center;">MATCH</p> 	<ul style="list-style-type: none"> * 4 v 4 no GK's * Normal soccer rules * Little to NO coaching 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none">  = Players  = Coaches  = Pass  = Goal </div> <div style="width: 45%;"> <ul style="list-style-type: none">  = Ball  = Cone  = Disc </div> </div>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	