



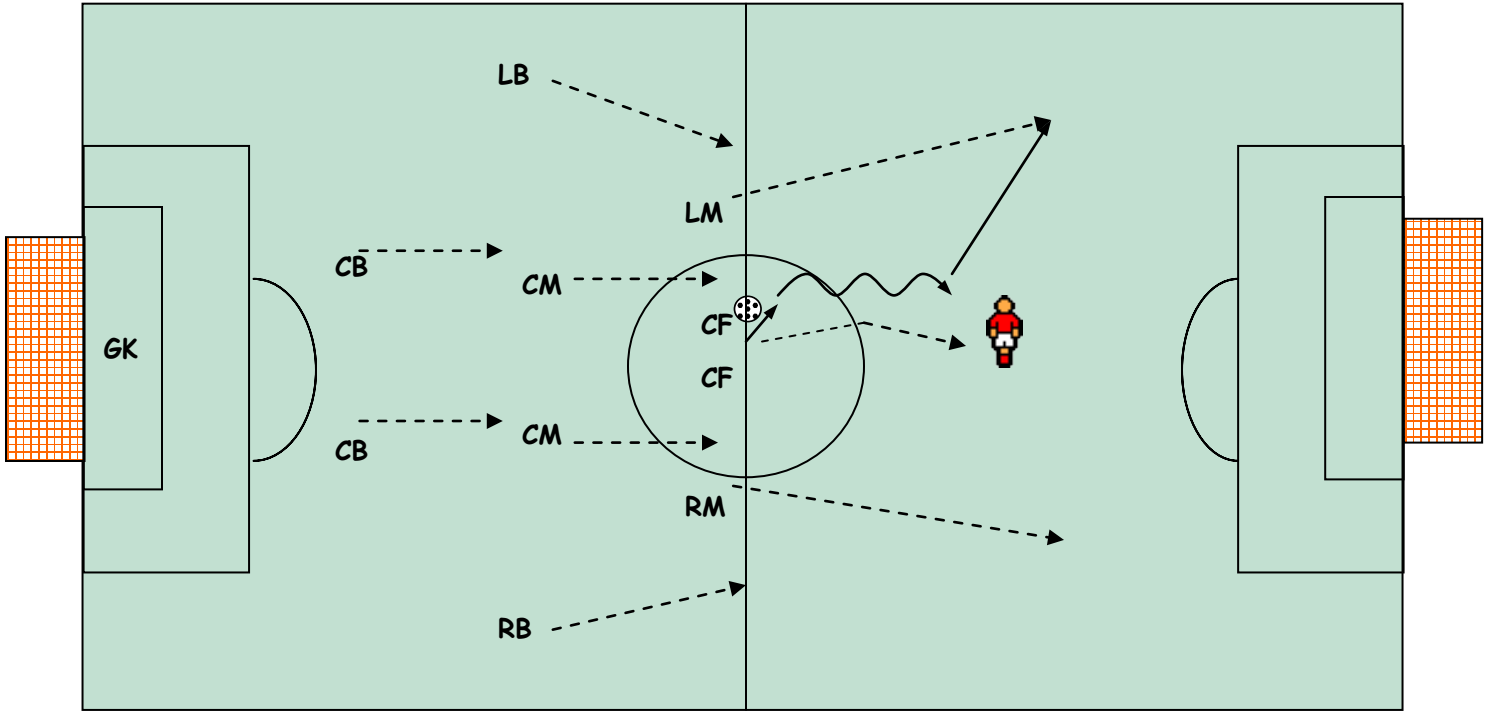
Kentucky Youth Soccer Association
Coach Education Lesson Plan



Subject = Kick-Offs

Coach = Adrian Parrish

Teams need to show more creativity in their kick-offs. Even though you start the game only hoping to use this set play once during the duration of your game you can work on it to make it more effective. The diagrams below are for 11 v 11 playing games using a 4-4-2. They can be used for teams playing in a different formation and playing with fewer numbers.



Description

- * CF's go to Kick-Off
- * RM and LM start just outside of the circle on the half-way line. Both Full Backs are pushed up level with the CM's
- * Upon kicking off, one of the two center forwards starting dribbling towards the opponents goal. They should attack the largest amount of space which has been vacated.
- * The other CF follows behind the path of the dribbler, until a defender has engaged them. Upon this engagement the second striker breaks off at an angle as seen in the diagram above.
- * The wide midfielders start their runs from a central area and move out.
- * Upon being confronted by the first defender the Center Forward which is dribbling can now do one of the following.
 - > Keep Dribbling
 - > Play in the second forward to then dribble towards the goal
 - > Play in one of the wide midfielders.
- * The remainder of the team needs to push up to keep the play compact.

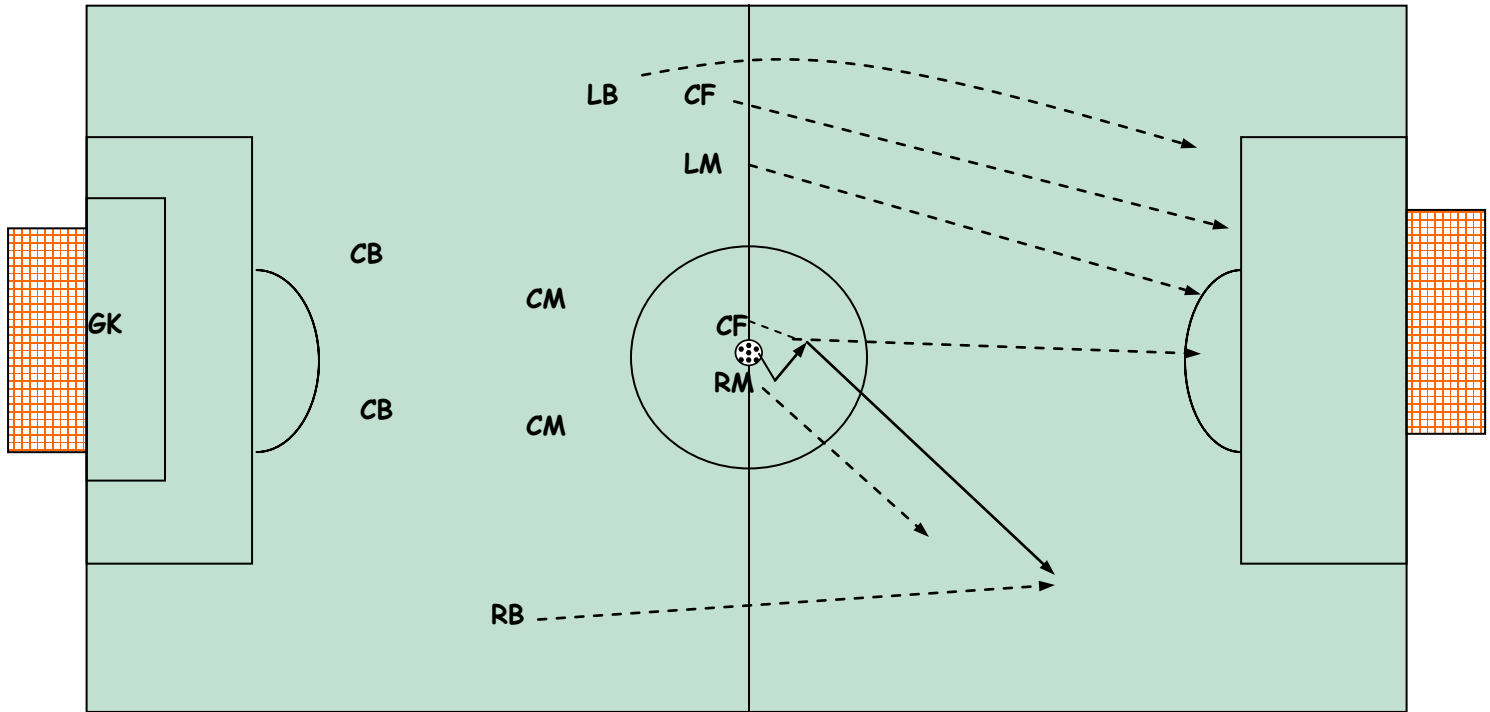
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Description

- * One CF and the RM go to kick off
- * Overload one side with three players, as seen in the diagram above (CF, LM and LB)
- * The player with their back to the side that has the most players pass the ball to the other one that is kicking off.
- * The players on the side which is overloaded start running forward.
- * The receiving player fakes to play a long ball out wide, but instead plays a short ball to the other player that was kicking off
- * This player then plays a ball out wide to a single player that is attacking on the opposite flank.
- * The players on the side which is over loaded continue their runs into the box.
- * One player that kicked off moves in behind the player that received the pass as support and/or cover
- * The other player attacks the penalty area.
- * The receiving player can then dribble into any area which is vacant or take a positive first touch and play a deep cross into the area for the players making runs into the penalty box.