



Kentucky Youth Soccer Association

Coach Education Lesson Plan

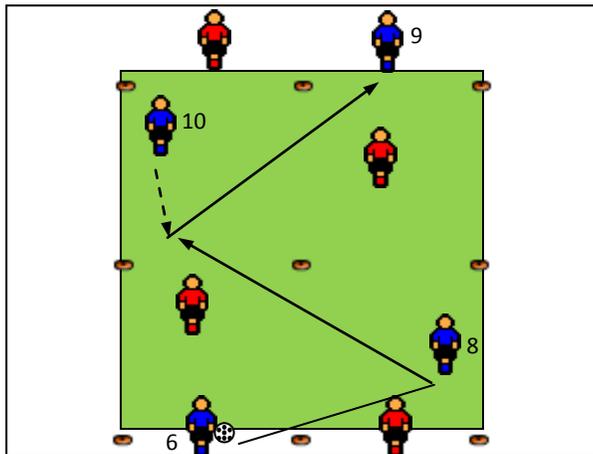


Topic : Combination Play in Central Attacking Areas

Coach : Adrian Parrish

Training Objectives: To help the midfielders, specifically the #8 & #10 to combine with the striker #9 to create and finish goal scoring opportunities.

Warm Up Part I



Duration: 12-15 Mins
Repetitions: 15

Activity Intensity: Low
Recovery Time: 2 minutes

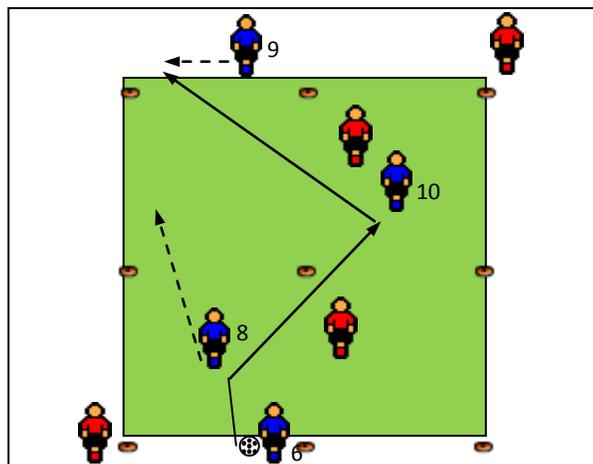
Organization

- * 20 x 20 yard grid, divided into quarters.
- * Two teams of four, with a player from each team in opposite quarters and a target player on each end.
- * Target player passes the ball into the first player
- * Player opens up their hips and plays to their team mate on the opposite side, who then plays to the target.
- * The ball is then switched to the other team.

Coaching Points

- * Timing of the runs
- * Open up the hips, looking over the shoulder; lead the player into the next pass.

Warm-Up Part II



Duration: 20 Mins
Repetitions: 15-20

Activity Intensity: Low-Medium
Recovery Time: 2-3 minutes

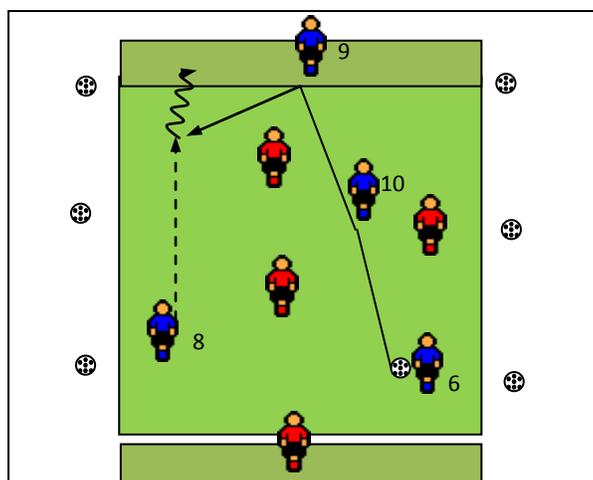
Organization

- * The grid is the same set up as warm-up part I
 - * Players in possession can go in any area of the grid
 - * Defensive team has to stay in their own half
 - * The team in possession has a target play on each end, if possession is lost the target players switch.
 - * Teams try to play from one target player and back to the other.
 - * Target player cannot play to each other, have to connect in the middle.
- Double points if both central players touch make a pass.

Coaching Points

- * Verbal and Physical Communication
- * Movement off the ball (including the target players)

Small Sided Activity



Duration: 25-30 Mins
Repetitions: 8-10

Activity Intensity: Medium-High
Recovery Time: 2-3 minutes

Organization

- * Add 5 yard end zones on the top of the grid.
- * The CF (#9) goes in the end zone, with the midfielders in the main area
- * Teams try to play it into their target who passes the ball back for a player to dribble into score
- * If the team is successful, possession changes. Teams cannot defend the target but can use the end zones to build up in.

Coaching Points

- * Team Shape and Movement to create space
- * Timing of the runs & weight of passing
- * Look forward to penetrate, if not on look to possess



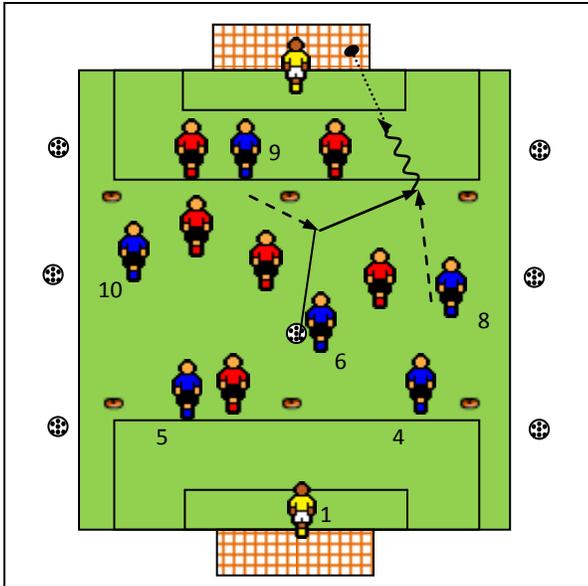
Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic : Combination Play in Central Attacking Areas

Coach : Adrian Parrish

Expanded Small Sided Activity Game



Duration: 20 Mins
Repetitions: 1

Activity Intensity: Medium- High
Recovery Time: 2-3 minutes

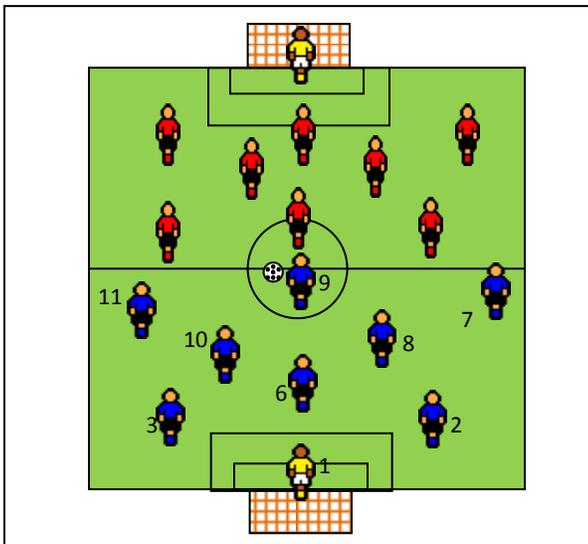
Organization

- * 7v7 in a 52 yards x 44 yard area
- * Place two offside lines just slightly off the top of the 18 yard box
- * Teams are set up in a 1-2-3-1 formation
- * Players are allowed inside the whole area, but teams need to look to combine to beat the offside line. Normal offside rules still apply past the offside line.

Coaching Points

- * Speed of play, play quick and with a purpose when it is on to penetrate.
- * Movement off the ball and interaction between the players (don't stay in the one position)

9v9 Game



Duration: 20 Mins
Repetitions: 1

Activity Intensity: High
Recovery Time: 2-3 minutes

Organization

- * 9v9, one team plays in a 2-3-3. Another team plays in a 3-2-3
- * Field is a 90 x 45
- * Look for coaching patterns and instruct using the Coaches Tool Box when the team fails to create an attacking opportunity in central areas using the key players

Cool Down

- * Players light jogging & stretching
- * Juggling