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  Activity Intensity: Low
Repetitions: 15  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  Activity Intensity: Low-Medium
Repetitions: 15-20  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  Activity Intensity: Medium-High
Repetitions: 8-10  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
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**Expanded Small Sided Activity Game**

(Duration: 20 Mins  Activity Intensity: Medium-High
Repetitions: 1  Recovery Time: 2-3 minutes)

**Organization**
* 9v9 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  Activity Intensity: Medium-High
Repetitions: 1  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.

**Cool Down**

* Players light jogging & stretching
* Juggling