



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Counter Attacking from Defensive Set Plays

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Use the third of a field</li> <li>* Defending team has 1 GK, 3 Defenders and 1 Target Player</li> <li>* Attacking team has 2 Corner Kickers, 1 Str and 1 Defender</li> <li>* Corner takes rotate in serving balls in</li> <li>* Def/GK try to win it and distribute to target player who scores by dribbling through the counter goals</li> <li>* One Striker tries to score in the big goal</li> <li>* Defenders push out to support the target player</li> </ul>	<ul style="list-style-type: none"> <li>* Body Position of defenders</li> <li>* Be first to the ball</li> <li>* Target players position as the ball is won</li> <li>* Decision making by defenders and GK as ball is won</li> <li>* Runs made by the target player as the ball is won</li> </ul> <p><b>Guided Discovery</b> What should happen to the defensive team shape as the ball is won and distributed?</p>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Use two thirds of a field</li> <li>* As a different scenario start the activity off with a corner kick but all players are back to defend</li> <li>* If they win the ball they look to counter attack the other goal and score as quickly as possible</li> <li>* If the team that has to track back wins the ball they have 5 passes to get the ball forward.</li> <li>* Every time the ball goes out of play it starts with a corner so you can create the scenario</li> </ul>	<ul style="list-style-type: none"> <li>* Be first to the ball</li> <li>* Break into the space provided with speed</li> <li>* Quick flowing passes</li> </ul> <p><b>Guided Discovery Question</b> Technically, what do you need to do with the ball to make sure the passes go quick?</p>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 7 v 7 game</li> <li>* Work with one team</li> <li>* Ever three to four minutes give the opposing team a corner kick or indirect free kick in the attacking third</li> <li>* If the team wins it can they counter attack quickly or should they possess</li> <li>* Regular soccer rules</li> </ul>	<ul style="list-style-type: none"> <li>* Get in behind the ball quickly</li> <li>* Stay compact and work out your defensive roles</li> <li>* Be first to the ball</li> <li>* Be aware of your outlets</li> </ul> <p><b>Guided Discovery Question</b> If it is not on to go forward what should you do as a team?</p>
<p><b>MATCH</b></p>	<ul style="list-style-type: none"> <li>* 8V 8 including GK's or whatever numbers work out for group</li> <li>* Normal Soccer Rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  = Players         </div> <div style="text-align: center;">  = Ball         </div> </div> <div style="margin-top: 5px; text-align: center;">  = Pass         </div> <div style="margin-top: 5px; text-align: center;">  = Cones/ Counter Goals         </div> <div style="margin-top: 5px; text-align: center;">  = Movement without the ball         </div> <div style="margin-top: 5px; text-align: center;">  = Goal         </div>
<p><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

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