

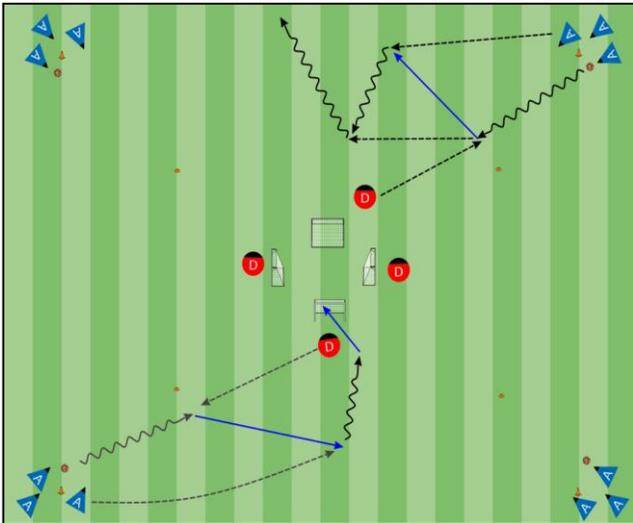
COACH EDUCATION LESSON PLAN

ADRIAN PARRISH, TECHNICAL DIRECTOR

Topic: Creating Overloads in the Attack

Training Objectives:

Creating opportunities for the players to try and play in numbers up situations in the attacking third. Players need to play forward quickly with the aim to combine or penetrate individually to score goals.



Organization

Larger grid of 30 x 18 yard has a 14x10 yard grid within it. Four small pug goals are placed within the smaller grid. Place two or three attackers in each corner. Opposites corner will attack in a 2v1 at each time to try and beat the defender and score. If the defender wins possession they dribble out of the larger grid.

Coaching Points

Attack with speed, disguise the pass/movement, lead players into space, timing and movement off the ball, attack the defender's front foot.

Progression

- * Players can only score once they enter the small grid
- * Players add the number of passes made before scoring a goal. Keep score to see which corner scores the most goals.

Organization

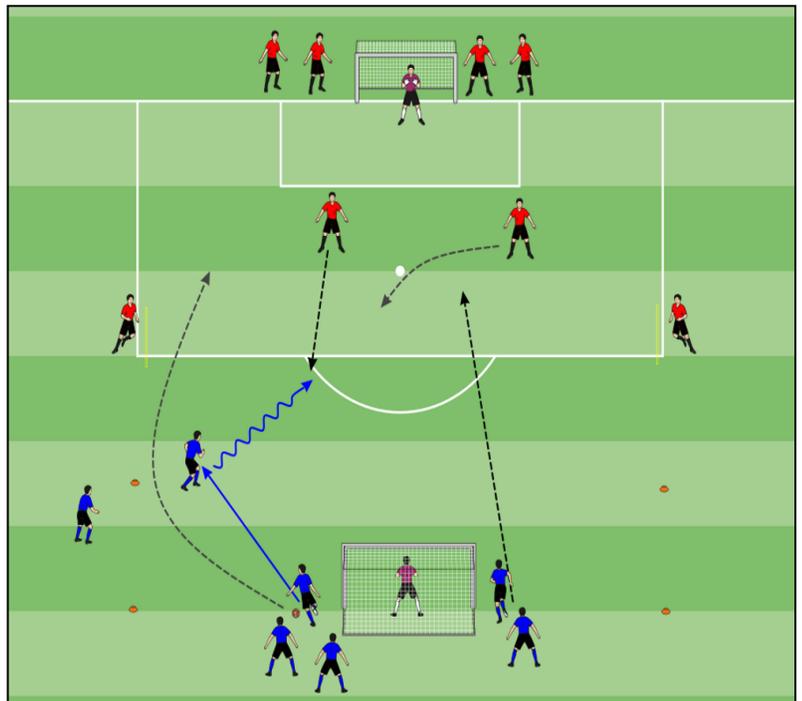
Grid 40 yards wide by 28 yards long. Divide the group into two teams with a keeper on each team. Start with the attacking team playing 3v2 to goal. If they score the next players on the attacking team get to attack another two defenders. If the defenders win possession or the keeper makes a save the defending team transition into a 4v3 with two players from the outside joining it.

Coaching Points

Attack with speed (exploit the space left quickly), pace of the pass, make runs anticipating the pass being played (play the offside rule). Finish the opportunities

Progression

- * Switch teams around
- * Keep Score

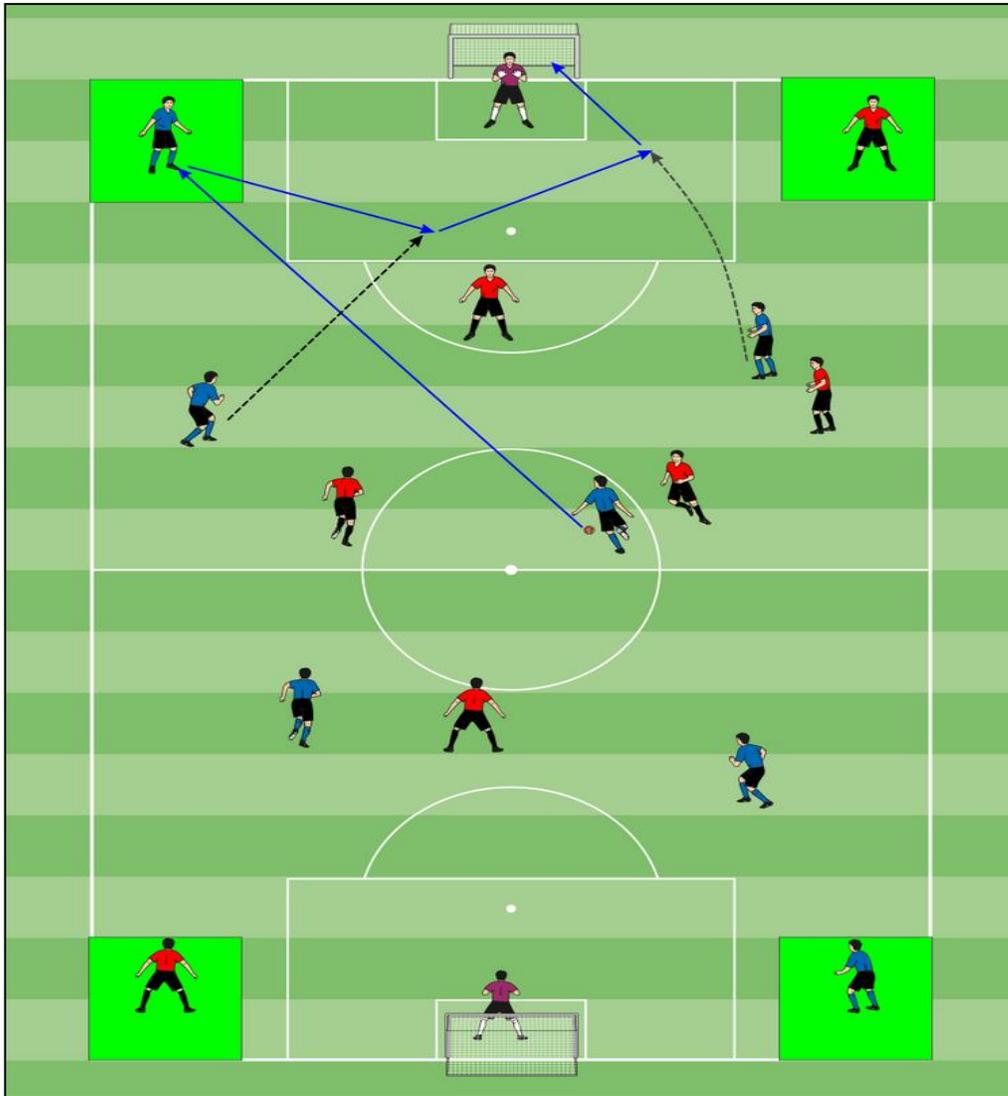


KENTUCKY YOUTH SOCCER ASSOCIATION



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Organization

8v8. Place a 5v5 yard grid in each corner of the field. Two players from each team occupies the opposite corners. Teams can score normal goals or double by playing it quickly into a corner and going to goal. Progress to the player who plays the pass into the bumper player then switches with that player. Defensive players are used to create overloads during the buildup. Bumper players can not be defended

Coaching Points & Questions

Attack with speed. Exploit the space behind and look up to play forward, pace of the pass, make runs anticipating the pass being played. Finish the opportunities

Questions to ask players

- 1.** Upon gaining possession if you can not play forward what do you do with the ball?
- 2.** How do you read the situation to work out which pass to execute?
- 3.** What must the whole team do upon winning possession?