**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**

**Topic = Creating Opportunities to take players on**  
**Coach = Adrian Parrish**

### FUNDAMENTAL – WARM UP

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
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| * Two players, place one ball on a cone and the defender starts with the other ball  
* The defender passes the ball through the attacking players legs, who turns and attempts to get to the ball first  
* The attacking player then attempts to turn and face the defender, if Def wins then they become the attacker  
* The attacking player can score by beating the defender and knocking the ball off the cone  
* Switch roles after a point has been scored | * Get to the ball first  
* Attempt to turn and face the defender  
* Keep the ball moving  
* Positive fakes  
* Exploit the space to the side and behind the defender |

### MATCH RELATED ACTIVITY

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| * 3 v 2 with role on/off players  
* Each team has two goals to attack  
* If the attacking team scores one player drops off and a player from the opposing team steps on to create a 3v2 attacking situation  
* If the team with 2 wins the ball and scores they remain on defense  
* If the attacking team score in a 1v1 situation it equals 2  
* Coach keeps feeding in the balls to keep the game flowing | * Patience as a team  
* Positive first touch to move forward when opportunities allow  
* Exploit defenders to take them on 1 v 1  
* Safety/ Risk Factor |

### MATCH RELATED ACTIVITY

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| * 4 v 4 target players  
* Therefore when team is in possession it is 5 v 4  
* Two goals are placed on each end line  
* Players can score through the goals without using the target player  
* If they use the target player to create a 1v1 situation or a goal and the team score it is worth two points | * You may divide the field in half and put a touch restriction in the defensive half and encourage them in the attacking half to dribble at their defensive player |

### MATCH CONDITION ACTIVITY

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| * 7 v 7 including GK’s  
* Normal Soccer Rules  
* Use half of a regular 11 a-side regulation field | 🧭 = Players  
黄色 = Cone  
黄色虚线 = Pass  
黄色长箭 = Run  
红色虚线 = Dribble  
红色方格 = Goal Net |

### COOL DOWN

Players dribble around and static stretch