**Kentucky Youth Soccer Association**

**Coach Education Lesson Plan**

**Topic = Dealing with bouncing balls**

**Coach = Adrian Parrish**

<table>
<thead>
<tr>
<th>FUNDAMENTAL – WARM UP</th>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Players have a ball each</td>
<td>* Eyes on the ball</td>
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<tr>
<td>* They bounce the ball once and kick it back up in the air</td>
<td>* Bend your knees</td>
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<tr>
<td>* Keep letting it bounce once and pooping it back first time</td>
<td>* Lift the ball with your laces</td>
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<tr>
<td>* Progress to having them touch it twice before they pop it back up in the air</td>
<td>* Use arms for balance</td>
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<tr>
<td>* Progress to having them bring it under control off the bounce and then throwing it back up</td>
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**MATCH RELATED ACTIVITY**

* Players work in pairs

* The players pass the ball freely around the area

* The ball must be passed in the area

* The ball may not bounce more than twice before it is played back

* Players count how many passes they can score in 30 seconds.

* Progress to one bounce

* Get in the line with the flight of the ball

* Balance your body by bending your knees and using your arms

* Pick the passing surface

**MATCH RELATED ACTIVITY**

* 2 v2 Soccer Tennis

* One team serves the ball over the net

* The receiving player is allowed to let it bounce before returning it back over

* The receiving player is allowed a maximum of 3 touches

* They can pass to their teammate before returning it

* The teammate is allowed one bounce before either passing it back or returning it across the net

* Get in line with the flight of the ball

* Relax the body to cushion the ball

* Supporting angles

* Communication

**Note:** You can use many alternative tools for a tennis net

**MATCH CONDITION ACTIVITY**

* 5 V 5 including GK's

* Normal Soccer Rules

* But every time the ball goes out of bounds the coach lofta a ball in to the playing area

* Teams score double if the bring the ball under control and score from a bouncing ball

**COOL DOWN**

Players pass and move in pairs. Stretch

**KEY TO DIAGRAMS**

= Ball

= Bouncing Pass

= Player

= Tennis Net

= Goal

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