



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dealing with bouncing balls

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| FUNDAMENTAL – WARM UP | ORGANIZATION | KEY COACHING POINTS |
|---------------------------------|---|---|
| | <ul style="list-style-type: none"> * Players have a ball each * They bounce the ball once and kick it back up in the air * Keep letting it bounce once and popping it back first time * Progress to having them touch it twice before they pop it back up in the air * Progress to having them bring it under control off the bounce and then throwing it back up | <ul style="list-style-type: none"> * Eyes on the ball * Bend your knees * Lift the ball with your laces * Use arms for balance |
| MATCH RELATED ACTIVITY | <ul style="list-style-type: none"> * 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 | <ul style="list-style-type: none"> * 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 | <ul style="list-style-type: none"> * 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 | <ul style="list-style-type: none"> * Get in line with the flight of the ball * Relax the body to cushion the ball * Supporting angles * Communication <p>Note: You can use many alternative tools for a tennis net</p> |
| MATCH CONDITION ACTIVITY | <ul style="list-style-type: none"> * 5 V 5 including GK's * Normal Soccer Rules * But every time the ball goes out of bounds the coach lofts a ball in to the playing area * Teams score double if they bring the ball under control and score from a bouncing ball | <p>KEY TO DIAGRAMS</p> <p>○ = Ball</p> <p>↘ = Bouncing Pass</p> <p>⊂ = Player</p> <p>▬ = Tennis Net</p> <p>▨ = Goal</p> |
| COOL DOWN | <p>Players pass and move in pairs. Stretch</p> | |

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