



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Defending the Counter Attack

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two teams of 3, play on a 24x 12 yard (including the end zones). * 2 v2 in the grid. Third player acts as a server. * Teams score by dribbling the ball into the end zone * As the player dribbles the ball into the end zone, the server pass a ball into their teammate to create a quick counter. * The player that just dribbled in must now transition back. 	<ul style="list-style-type: none"> * First Defender delays by defending the space & slowing the attackers down. * Use the sideline as a second defender to try and create a 1v1. * Second defender transitions back quickly to get back behind the ball. * When players are behind the ball, slow down the attack and try to force the play back.
	<ul style="list-style-type: none"> * 3v3 on a 30 x 18 yard field * Place small goals at the end of the field with a flag 8 yards behind each goal. * When the team scores a goal, the player that scored has to run around the flag before coming back onto the field * A player from the team that conceded gets a ball and quickly creates a 3v2 counter attack. 	<ul style="list-style-type: none"> * If immediate pressure can be applied (bad first touch, bad pass) then stop the counter attack early. * If not, transition back quickly to get players behind the ball, defending the central areas and force wide * Player transition back does so by getting to the balancing side of the defensive line.
	<ul style="list-style-type: none"> * 8 defensive players versus 6 Attackers * Defensive team, 1 GK, 3 Def, 2 mids & 2 players in gates * Attacking team, 3 forwards, 2 mids and a feeder player * Coach the team playing out from the big goal to the counter goals * Players score by dribbling through a counter goal, when the goal is scored the feeder player passes the ball on to create a 5v4. * The player standing in the gate must switch with their team mate and transition back into defend 	<ul style="list-style-type: none"> * Delay the attacking team the opportunity to penetrate * If defensively you have numbers behind the ball, force the play into pressure. * Transition back centrally
	<ul style="list-style-type: none"> * 8 V 8 * Normal Soccer Rules * Little to NO coaching, but position yourself where you can still work with the goalkeeper 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> = Goalkeepers</p> <p> = Pass</p> <p> = Run-Move</p> <p> = Goal</p> </div> <div style="width: 45%;"> <p> = Players</p> <p> = Ball</p> <p> = Flag</p> <p> = Cone</p> </div> </div>

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