



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Developing Field Awareness to improve Possession

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Place small grids of different sizes around the field</li> <li>* Players work in groups of 3, with 2 on the outside and 1 in the middle of the small grids</li> <li>* The players on the outside move around the perimeter of the small grid, chasing each other</li> <li>* The player in the middle must move around in the grid so that both players are visible at all times.</li> <li>* Add a ball for all players</li> </ul>	<ul style="list-style-type: none"> <li>* Body position</li> <li>* Keep head up and moving at all times</li> <li>* Take the quickest turns to keep field open.</li> </ul>
<b>SMALL SIDED GAME ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Keep the small grids in the large grid</li> <li>* Two of the group now go to the outside of the large grid and one in the middle</li> <li>* One player on the outside passes to the player in the middle, who must take it through a small grid and pass to the other player</li> <li>* The player in the middle then moves to the outside of the grid</li> <li>* The original player who passed it in moves into the grid to receive the next pass. Procedure continues</li> </ul>	<ul style="list-style-type: none"> <li>* Check to the ball with body already open</li> <li>* Pass the ball with pass into the front foot</li> <li>* If player can let it run across their body, encourage this.</li> <li>* If the player does not pass the ball to the outside the receiving player must dribble it out before the can play back in.</li> <li>* Encourage movement from the players on the outside so players are forced to look for their team-mates</li> </ul>
<b>EXPANDED SMALL SIDED GAME ACTIVITY</b>	<ul style="list-style-type: none"> <li>* Keep the small grids in the larger grid</li> <li>* Play 5 v 5 with a neutral and keepers on the outsides</li> <li>* Each team has a keeper, who can move around the outside</li> <li>* Teams score a point by playing through a grid with out it getting intercepted.</li> <li>* Teams score two points if it is played through the neutral</li> <li>* Keepers are used to maintain possession.</li> </ul>	<ul style="list-style-type: none"> <li>* Don't force the play.</li> <li>* Keep moving to get open and create opportunities to maintain possession</li> </ul>
<b>MATCH CONDITION ACTIVITY</b>	<ul style="list-style-type: none"> <li>* 6 V 6 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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