



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Developing Support Play to improve Possession

Coach = Adrian Parrish

| FUNDAMENTAL – WARM UP  | ORGANIZATION   | KEY COACHING POINTS  |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>* Divide a 20 x 20 grid in to quarters</li> <li>* Place three teams in the grid with a ball per team</li> <li>* Players pass the ball around between their team</li> <li>* After each pass the player must move into a different quarter</li> <li>* Players can receive from their team mate in a small section, but progress to where they have to pass and move to another section</li> </ul>   | <ul style="list-style-type: none"> <li>* Speed of pass</li> <li>* Angle of support so player can move directly into the next pass with limited touches</li> <li>* First touch away into space</li> <li>* Head up</li> <li>* Thinking ahead i.e. continuous movement</li> <li>* Keep the grids as big as possible</li> </ul>  |
| <p style="text-align: center;"><b>SMALL SIDED GAME ACTIVITY</b></p>          | <ul style="list-style-type: none"> <li>* Keep the grid the same as the warm-up</li> <li>* Playing 3v3v3. Two teams in possession. If def team wins it they switch out</li> <li>* After passing the ball players must move sections. Players can receive a pass from within the same small section, but progress to where they have to pass and move to another section</li> <li>* If teams become successful progress to where they have to pass to a player wearing a different color from which they received it.</li> </ul> | <ul style="list-style-type: none"> <li>* Keep the grids and are big as possible</li> <li>* Body position of receiving player</li> <li>* Do not force if the play is not on.</li> <li>* Focus on the supporting players and not the ball</li> <li>* Recognize keys and cues</li> </ul>  |
| <p style="text-align: center;"><b>EXPANDED SMALL SIDED GAME ACTIVITY</b></p> | <ul style="list-style-type: none"> <li>* 5 v5 including Goalkeepers</li> <li>* Create three teams, with one being used as wall players</li> <li>* Divide the field in to halves placing 2 Def's and 2 Str in each half.</li> <li>* Teams can only have 2 v 2 in each half at all times, but they can inter change as shown in diagram</li> <li>* Teams can use the wall players to maintain possession, encourage the wall players to keep moving</li> <li>* Play 3 minute game and rotate teams, winners stay on</li> </ul>   | <ul style="list-style-type: none"> <li>* Don't force the play.</li> <li>* Create blind side runs and clever combinations</li> <li>* Keep moving to get open and create opportunities to maintain possession</li> </ul>   |
| <p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p>           | <ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* One team plays in a 3-2-1</li> <li>* One team plays in a 2-3-1</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>  | <p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <p> <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: white; margin-right: 5px;"></span> <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: red; margin-right: 5px;"></span> <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: blue; margin-right: 5px;"></span> = Players<br/> <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: green; margin-right: 5px;"></span> = Goalkeepers<br/> <span style="display: inline-block; width: 15px; height: 15px; border-bottom: 1px dashed black; margin-right: 5px;"></span> → = Pass<br/> <span style="display: inline-block; width: 15px; height: 15px; border-bottom: 1px solid black; margin-right: 5px;"></span> → = Run<br/> <span style="display: inline-block; width: 15px; height: 15px; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black; margin-right: 5px;"></span> = Goal Net<br/> <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; background-color: white; margin-right: 5px;"></span> = Ball<br/> <span style="display: inline-block; width: 15px; height: 15px; border-bottom: 1px solid black; border-left: 1px solid black; border-right: 1px solid black; margin-right: 5px;"></span> = Dribble         </p> |
| <p style="text-align: center;"><b>COOL DOWN</b></p>                          | <p>Players pass and move in pairs. Stretch</p>   |  |

Website: [www.kysoccer.net](http://www.kysoccer.net) Telephone: 859-268-1254 ext 14 Email: [adrianparrish@kysoccer.net](mailto:adrianparrish@kysoccer.net)