**Kentucky Youth Soccer Association**  
Coach Education Lesson Plan

**Topic = Developing Support Play to improve Possession**  
**Coach = Adrian Parrish**

<table>
<thead>
<tr>
<th>FUNDAMENTAL – WARM UP</th>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
</tr>
</thead>
</table>
| * Divide a 20 x 20 grid in to quarters*  
* Place three teams in the grid with a ball per team*  
* Players pass the ball around between their team*  
* After each pass the player must move into a different quarter*  
* Players can receive from their team mate in a small section, but progress to where they have to pass and move to another section* | * Speed of pass*  
* Angle of support so player can move directly into the next pass with limited touches*  
* First touch away into space*  
* Head up*  
* Thinking ahead i.e. continuous movement*  
* Keep the grids as big as possible* |

| SMALL SIDED GAME ACTIVITY | | |
|--------------------------|---------------------|
| * Keep the grid the same as the warm-up*  
* Playing 3v3v3. Two teams in possession. If def team wins it they switch out*  
* 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*  
* If teams become successful progress to where they have to pass to a player wearing a different color from which they received it.* | * Keep the grids and are big as possible*  
* Body position of receiving player*  
* Do not force if the play is not on*  
* Focus on the supporting players and not the ball*  
* Recognize keys and cues* |

| EXPANDED SMALL SIDED GAME ACTIVITY | | |
|------------------------------------|---------------------|
| * 5 v5 including Goalkeepers*  
* Create three teams, with one being used as wall players*  
* Divide the field in to halves placing 2 Def’s and 2 Str in each half.*  
* Teams can only have 2 v 2 in each half at all times, but they can inter change as shown in diagram*  
* Teams can use the wall players to maintain possession, encourage the wall players to keep moving*  
* Play 3 minute game and rotate teams, winners stay on* | * Don’t force the play.*  
* Create blind side runs and clever combinations*  
* Keep moving to get open and create opportunities to maintain possession* |

| MATCH CONDITION ACTIVITY | | |
|-------------------------|---------------------|
| * 7 V 7 including GK’s*  
* One team plays in a 3-2-1*  
* One team plays in a 2-3-1*  
* Normal Soccer Rules*  
* Use half of a regular 11 a-side regulation field* | **KEY TO DIAGRAMS**

- = Players  
- = Goalkeepers  
- = Pass  
- = Run  
- = Dribble  
= Goal Net  
= Ball

<table>
<thead>
<tr>
<th>COOL DOWN</th>
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<tbody>
<tr>
<td>Players pass and move in pairs. Stretch</td>
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