



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Developing a goal scoring predator

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Inside the 18 yard box, add another goal on one side</li> <li>* Two keepers, one player in the middle and 3 servers with 3 balls in different corners.</li> <li>* Servers play the ball in to the striker, to shoot in either goal. Shooter has two touch maximum</li> <li>* The first three have to be shot using the right foot, second set have to shot with the left and third set served in the air, rotate players after 9 attempts. Keep Score</li> </ul>	<ul style="list-style-type: none"> <li>* Passer needs to lead striker into the shot</li> <li>* Approach the ball (Don't wait for it)</li> <li>* If possible take the shot first time</li> <li>* Hips to face target</li> <li>* Follow through the shot</li> </ul> <p><b>Guided Discovery Question</b> How can you change the goalkeeper's position?</p>
	<ul style="list-style-type: none"> <li>* 2 v 2 (plus keepers) with a player for each team on the side of the grid</li> <li>* Area is 20 yards wide by 18 yards long</li> <li>* Players on the outside have a 1 touch restriction</li> <li>* Players in the middle have a 3 touch restriction</li> <li>* Keepers and Players on the outside can not shoot</li> <li>* Play games for 3 minutes, rotate players in</li> </ul>	<ul style="list-style-type: none"> <li>* Keep space alive</li> <li>* Timing of the runs</li> <li>* Follow through the shot</li> </ul> <p><b>Guided Discover Question</b> How do you keep space alive?</p>
	<ul style="list-style-type: none"> <li>* Field 36 yards long by 20 yards wide</li> <li>* Each team has 1 striker, 3 defenders and a GK</li> <li>* Players must stay in their own half</li> <li>* One neutral player with a two touch restriction, but can go in either half</li> <li>* The neutral player can not score, but every other player can</li> </ul>	<ul style="list-style-type: none"> <li>* Striker to follow through on every shot</li> <li>* Create time and space to turn</li> <li>* Play in between the defenders if possible.</li> <li>* Keep the ball moving quickly.</li> </ul> <p><b>Guided Discover Question</b> What are some ways to keep the ball moving quickly?</p>
	<ul style="list-style-type: none"> <li>* Field needs to 36 yards longs by 44 yards wide</li> <li>* 5 v 5 plus keeper</li> <li>* No restrictions</li> <li>* Little to no coaching</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  = Players         </div> <div style="text-align: center;">  = Goalkeeper         </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  = Pass         </div> <div style="text-align: center;">  = Movement/Run         </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  = Ball         </div> <div style="text-align: center;">  = Shot         </div> </div> <div style="text-align: center; margin-top: 10px;">  = Goal         </div>
<p>COOL DOWN</p>	<p>Light jogging and static stretching</p>	

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