**Kentucky Youth Soccer Association**

**Coach Education Lesson Plan**

**Topic:** Direct Counter Attacking  
**Coach:** Adrian Parrish

### FUNDAMENTAL – WARM UP

- **Organization:**
  - Groups of 5 players, 3 attackers and 2 passive defenders
  - 2 attacking players stand approximately 20 yards away from their team mate.
  - The two players pass it back and forth and then hit a long pass to their teammate, whom is being passively marked by a defender.
  - The one player who does not hit the long pass then follows the ball for it to be laid back. The process continues.

- **Guided Discovery:**
  - Head up to look for target player
  - As you strike through the ball, put your head and shoulders over it and strike underneath the ball
  - Receiving player needs to get in line with the pass
  - Cushion the ball as they receive it

### MATCH RELATED ACTIVITY

- **Organization:**
  - Two teams of 5 players. Field is split into two halves with a neutral zone in the middle and scoring zones at the end of each half.
  - Players can not play in the neutral zone.
  - In one half start with 4v3, the other half has 2v1
  - The four attackers must move the ball around to try and pass a long ball over the neutral zone to their target player.
  - They can then move into support the target player and try and score by dribbling into the end zone
  - Defenders can track back but must leave one up front

- **Guided Discovery:**
  - Recognition of when to play forward
  - Target players understanding of time and space
  - Timing of supporting runs
  - As the session develops you can give teams a restriction on the amount of passes they have to make before passing it over

### MATCH RELATED ACTIVITY

- **Organization:**
  - Play approx 2/3 of the field
  - One team try’s to score on the big goal
  - The other team try’s to score by passing to a target player through the counter goals.
  - The team attacking the counter goals have to play through their forward before going to a counter goal. The forward must stay past the half way line
  - You can work with either team

- **Guided Discovery Question:**
  - Recognition to play forward quickly
  - Strikers playing off the defenders shoulders to create space.
  - Keep possession to encourage the opposition to chase so you can create space in behind

### MATCH

- **Organization:**
  - 8v8 including GK’s or whatever numbers work out for group
  - Teams can score two points if a goal is scored from a direct counter attack
  - Make the field long and narrow
  - Normal Soccer Rules
  - Little to NO coaching

- **Guided Discovery Question:**
  - What must the center forwards do when the team is in possession of the ball?

### COOL DOWN

- **Organization:**
  - Players pass and move in pairs. Stretch

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