Kentucky Youth Soccer Association  
Coach Education Lesson Plan  
Coach: Adrian Parrish

<table>
<thead>
<tr>
<th>FUNDAMENTAL – WARM UP</th>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
</tr>
</thead>
</table>
| * Place several two yard gates around the playing area  
* Give players 30 seconds to see how many different gates they dribble through  
* Progress to dribbling through, turning and dribbling back through the gate  
* Shorten the distance of the gates  
* A coach can go and stand in a gate which prevents a player from dribbling through. Coach changes gate every 5 seconds | * Positive touch out of the body  
* Head up scanning the field  
* Exploring using all different parts of the foot. |

<table>
<thead>
<tr>
<th>MATCH RELATED ACTIVITY</th>
<th>MATCH RELATED ACTIVITY</th>
<th>MATCH CONDITION ACTIVITY</th>
</tr>
</thead>
</table>
| * Divide a 30 x 20 grid into three sections  
* Two teams of 4 players  
* 2v2 in the middle section and one player in each end section with a ball each  
* Players in the middle section have to make at least one pass before dribbling into an end zone.  
* When the player enters the end zone his/her teammate dribble out and into the middle zone  
* They must then attempt to dribble into the other end zone to release the player | * Positive touch into space (explode into it)  
* Supporting player opens up the running lanes  
* Place body in between the ball and the defender | * Use the instep to push forward into the dribble  
* First touch to take you in the direction you want to go |

* 3v3 to target players  
* Grid size : 40 x 25 yard  
* Place a target player from each team at the end of the grid  
* Teams attempt to play the ball to a target player, as the player plays the ball to the target player they then switch roles.  
* The ball can either be played in as a pass or upon communication (Verbal or Eye Contact) the two players can do a take over as in the diagram  
* Ball can be played back to the target player |

* 6v6 game  
* Teams play in a 1-2-1-2 formation  
* Free play, cover breakdowns on when players recognize when and where to dribble |

![Diagram of warm-up activity](image1.png)  
![Diagram of warm-up activity](image2.png)  
![Diagram of warm-up activity](image3.png)

![Diagram of warm-up activity](image4.png)  
![Diagram of warm-up activity](image5.png)  
![Diagram of warm-up activity](image6.png)

![Diagram of warm-up activity](image7.png)  
![Diagram of warm-up activity](image8.png)  
![Diagram of warm-up activity](image9.png)