



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Dynamic First Touch

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players work in pairs, passing the ball through and around a triangle or diamond.</li> <li>* First pass goes through the shape to the team mate</li> <li>* The receiving player takes a touch around a cone to be on another side and then pass back to their team-mate</li> <li>* Players should be encouraged to keep changing direction, depending on the pass that they receive</li> <li>* Encourage using different surfaces of the foot.</li> </ul>	<ul style="list-style-type: none"> <li>* Be on the balls of your feet</li> <li>* Bend your knees</li> <li>* Cushion the pass</li> <li>* Disguise your movement</li> </ul> <p><b>Guided Discovery Question</b> Which different parts of your foot can you use?</p>
	<ul style="list-style-type: none"> <li>* Same set up as before but now add a defender in the middle of the grid.</li> <li>* The players on the outside must play two touch minimum but can play more to create space.</li> <li>* They score a point for each time they pass the ball through the grid using two touches without the defender intercepting</li> <li>* The defender must stay in the grid and can come out if he/she intercepts it.</li> </ul>	<ul style="list-style-type: none"> <li>* Pace of pass</li> <li>* Disguise the movement</li> <li>* Know where your going before you receive the ball</li> <li>* Keep the ball moving into space</li> </ul> <p><b>Guided Discovery Question</b> How can you create space for yourself?</p>
	<ul style="list-style-type: none"> <li>* 3 v1 in a grid with 2 other defenders waiting on the outside</li> <li>* The three players have to complete 3 or more consecutive passes in one grid before they can dribble through unopposed to the other side.</li> <li>* A defender that is waiting will then step into that grid and the other one drops out.</li> <li>* If the defender wins possession the teams switch roles</li> </ul>	<ul style="list-style-type: none"> <li>* Pass into the leading foot</li> <li>* Body preparation</li> <li>* Support Play</li> <li>* Explode into space</li> </ul> <p><b>Guided Discovery Question</b> If the defender is not putting you under pressure what can you do with the ball?</p>
	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's or whatever numbers work out for group</li> <li>* Normal Soccer Rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  = Players         </div> <div style="text-align: center;">  = Ball         </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;">  = Pass         </div> <div style="text-align: center;">  = Movement with the ball         </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;">  = Movement without the ball         </div> <div style="text-align: center;">  = Cone         </div> </div> <div style="margin-top: 10px;">  = Dribble         </div>
<p><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)