**Kentucky Youth Soccer Association**

**Coach Education Lesson Plan**

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**Topic:** Dynamic First Touch

**FUNDAMENTAL – WARM UP**

- Players work in pairs, passing the ball through and around a triangle or diamond.
- First pass goes through the shape to the teammate.
- The receiving player takes a touch around a cone to be on another side and then pass back to their team-mate.
- Players should be encouraged to keep changing direction, depending on the pass that they receive.
- Encourage using different surfaces of the foot.

**ORGANIZATION**

- Be on the balls of your feet
- Bend your knees
- Cushion the pass
- Disguise your movement

**KEY COACHING POINTS**

- Encourage using different surfaces of the foot.

**Guided Discovery Question**

Which different parts of your foot can you use?

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**MATCH RELATED ACTIVITY**

- Same set up as before but now add a defender in the middle of the grid.
- The players on the outside must play two touch minimum but can play more to create space.
- They score a point for each time they pass the ball through the grid using two touches without the defender intercepting.
- The defender must stay in the grid and can come out if he/she intercepts it.

**MATCH RELATED ACTIVITY**

- 3 v 1 in a grid with 2 other defenders waiting on the outside.
- The three players have to complete 3 or more consecutive passes in one grid before they can dribble through unopposed to the other side.
- A defender that is waiting will then step into that grid and the other one drops out.
- If the defender wins possession the teams switch roles.

**MATCH**

- 5 V 5 including GK’s or whatever numbers work out for group.
- Normal Soccer Rules
- Little to NO coaching

**COOL DOWN**

Players pass and move in pairs. Stretch

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![Diagram](image-url)