**Kentucky Youth Soccer Association**

**Coach Education Lesson Plan**

**Topic = Finishing/Shooting**  
**Coach= Adrian Parrish**

### FUNDAMENTAL – WARM UP

- Players work in pairs, one serving the other shooting
- Two Keepers are placed in a central goal
- Both sides work at the same time
- Server plays the ball in for the attacker to take the shot
- Encourage the striker to take a touch and then shot
- Then progress to shooting first time
- Vary the services

### ORGANIZATION

- Angle of approach
- Place the ball into the corner of the goal
- Strike through the ball using the instep
- Lock the ankle of the kicking foot
- Head and Shoulders over the ball

### KEY COACHING POINTS

### MATCH RELATED ACTIVITY

- Place players in groups of three, 2 attackers & 1 Defender
- One player pass the ball to their team mate to take a shot
- The Defender from the opposing team runs out to apply pressure
- If the defender wins it they score by dribbling over the end line
- If the keeper saves it they play it to the defender
- If a goal is scored or goes out of bounds, the team on the other side then have a turn

### MATCH RELATED ACTIVITY

- 4 v 4 with a neutral player
- Neutral plays for the team in possession and can score
- Normal soccer rules
- Field size should be 18 yards wide by 30 yards in length
- Teams can score three points by scoring in their own half
- Two if they score by following up off a rebound
- One for a goal scored in the attacking half
- Players are not limited to stay in any area

### MATCH

- 6 V 6
- Normal Soccer Rules
- Little to NO coaching, play the game with no restrictions but encourage the teams to shoot

### COOL DOWN

Players pass and move in pairs. Stretch

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**Website:** [www.kysoccer.net]  
**Telephone:** 859-268-1254 ext 14  
**Email:** adrianparrish@kysoccer.net

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