



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Finishing/Shooting

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players work in pairs, one serving the other shooting</li> <li>* Two Keepers are placed in a central goal</li> <li>* Both sides work at the same time</li> <li>* Server plays the ball in for the attacker to take the shot</li> <li>* Encourage the striker to take a touch and then shot</li> <li>* Then progress to shooting first time</li> <li>* Vary the services</li> </ul>	<ul style="list-style-type: none"> <li>* Angle of approach</li> <li>* Place the ball into the corner of the goal</li> <li>* Strike through the ball using the instep</li> <li>* Lock the ankle of the kicking foot</li> <li>* Head and Shoulders over the ball</li> </ul>
	<ul style="list-style-type: none"> <li>* Place players in groups of three, 2 attackers &amp; 1 Defender</li> <li>* One player pass the ball to their team mate to take a shot</li> <li>* The Defender from the opposing team runs out to apply pressure</li> <li>* If the defender wins it they score by dribbling over the end line</li> <li>* If the keeper saves it they play it to the defender</li> <li>* If a goal is scored or goes out of bounds, the team on the other side then have a turn</li> </ul>	<ul style="list-style-type: none"> <li>* First touch or pass needs to be out in front of the player taking the shot.</li> <li>* Decision to strike the ball or place it</li> <li>* Strike through it with laces, keeping head and shoulders over the ball</li> <li>* Follow the shot through</li> <li>* Focus on the ball and not the defender</li> </ul>
	<ul style="list-style-type: none"> <li>* 4 v 4 with a neutral player</li> <li>* Neutral plays for the team in possession and can score</li> <li>* Normal soccer rules</li> <li>* Field size should be 18 yards wide by 30 yards in length</li> <li>* Teams can score three points by scoring in their own half</li> <li>* Two if they score by following up off a rebound</li> <li>* One for a goal scored in the attacking half</li> <li>* Players are not limited to stay in any area</li> </ul>	<ul style="list-style-type: none"> <li>* Team movement to create shooting opportunity</li> <li>* All of the above</li> </ul>
	<ul style="list-style-type: none"> <li>* 6 V 6</li> <li>* Normal Soccer Rules</li> <li>* Little to <b>NO</b> coaching, play the game with no restrictions but encourage the teams to shoot</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  = Goalkeepers         </div> <div style="text-align: center;">  = Players         </div> </div> <div style="margin-top: 10px;"> <p>—————▶ = Pass</p> <p>-----▶ = Run/Player Movement</p> <p> = Goal</p> <p>.....● = Shot</p> </div>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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