**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**

**Topic = Fitness – Support Play**  
**Coach = Adrian Parrish**

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<th>FUNDAMENTAL – WARM UP</th>
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| *Groups of three working on the outside of a 10x10 yd grid*  
*If A passes to B, Player C must move to the empty cone to support B*  
*If B passes back to A, Player C must move back*  
*If B opts to play to player C, then player A must move to support the Player C*  
*The player with the ball must have two options every time they receive it.* | *Read the cues of the playing receiving the pass*  
*Weight of pass*  
*Open body up if changing direction* |

**MATCH RELATED ACTIVITY**

*Play 3v1 in an area with two cones on the side 5 yards away.*  
*The three attacking players win a point each for 5 consecutive passes (players keep individual score)*  
*If the defender intercepts the ball, they drop their bib and join the attacking team.*  
*The player that lost possession must pick up the bib and sprint around one of the cones and re-enter the grid as the defender.*

*Keep the feet moving*  
*Open body up to face the whole field*  
*Read the receiving players cues*  
*Communication*

**MATCH RELATED ACTIVITY**

*Play 4v4 with a sweeper-keeper.*  
*Every time a player passes the ball to a team-mate they must sprint around a cone on the outside before they can rejoin the play.*

*Players need to think ahead, and move to support before the receiving player has received the ball.*

**MATCH CONDITION ACTIVITY**

*6 V 6 including Goalkeepers*  
*Players from the attacking team must be past mid-field for a goal to be scored. If they are not the goal does not count*  
*All of the defensive team must be back as well otherwise the goal counts double*

**COOL DOWN**

Players throw, roll and catch the ball in pairs. Stretch

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**KEY TO DIAGRAMS**

- **○** = Ball  
- **◇** = Players  
- **→** = Run w/o ball  
- **= Cone/Disk  
- **= Goal**