

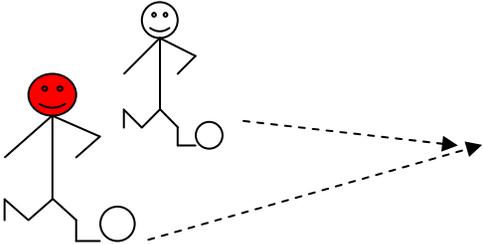
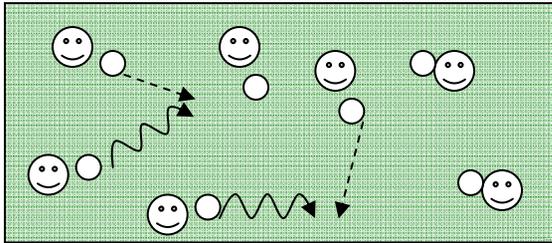
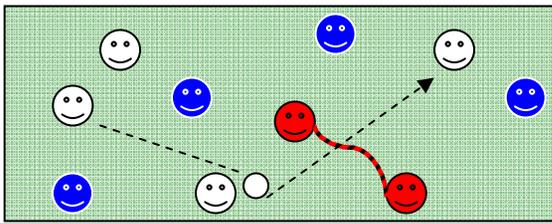
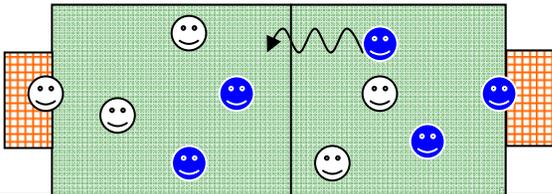


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Fun Passing Activities

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players are placed into pairs with a ball each * One player pass their ball out in front of them by about 5 or 10 yards * The 2nd player then attempts to pass out their ball and hit the first ball while it is still or moving * If they hit the ball they score a point * If it goes pass the target ball, the first player then attempts to hit their ball at his teammates ball * Play continues until a ball has been hit 	<ul style="list-style-type: none"> * Non-Kicking foot next to the ball * Encourage using the instep of the foot * Weight of pass * Players learn to immediately follow their pass after they have played it
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Players have a ball each and dribble around the area * Each player attempts to pass their ball and hit another players ball, while they are moving * If the players hits the ball, they get a point * Play the game for 60-90 seconds to see who scores the most points. 	<ul style="list-style-type: none"> * Dribble with head up * Weight of pass * Passing accuracy
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Divide the group up into two equal teams * Two players (or coaches) then use a colored vest stretched out and walk around the area. * The teams have to try and pass the ball underneath the vest and between the two people carrying it. * A goal can be scored through either side, but it must be passed to a team-mate. * Progress to allow the players carrying the moveable goal to also stop it from going through. 	<ul style="list-style-type: none"> * Team Shape, space and awareness * Passing accuracy and quality * Don't force the play
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 5 V 5 including GK's * Normal Soccer Rules * Let the players play, but encourage players to take players on when in 1 v 1 situations. 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ⚡ = Dribble — = Moveable Goal/ Colored Vest 😊 😊 = Players 🏠 = Goal -----➔ = Pass
<p style="text-align: center;">COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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