Kentucky Youth Soccer Association  
Coach Education Lesson Plan

**Topic:** Functional Training for Wide Players  
**Coach:** Adrian Parrish

**Training Objectives:** To help the wide players #7 (RW), #11 (LW), #2 (RB), #3 (LB) to recognize when and why to create and exploit the width in the attacking half.

**Warm Up**

- **Duration:** 12-15 Mins  
- **Activity Intensity:** Low  
- **Repetitions:** 15  
- **Recovery Time:** 2 minutes

**Organization**

- 15 x 15 yard grid with 5-6 players
- A passes to B. B plays it back at an angle into the grid to player A
- A passes the ball to player C, as player B overlaps player A
- Player A moves to player B spot. C plays a give & go with player B
- Player B moves to player C spot. C dribbles to the cone and start
- Activity continues

**Coaching Points**

- Pace of Pass, Lead players into the pass
- Timing of Runs
- Communication – Eye Contact

**Small Sided Activity**

- **Duration:** 20 mins  
- **Activity Intensity:** Medium
- **Repetitions:** 15-20
- **Recovery Time:** 2-3 minutes

**Organization**

- Place 2 small goals just over the halfway line and 2 before the 18 yard box
- Play 4v4, working with the 2(RB), 7(RW), 9(CF), 8(CM)
- Opposition has a LB, CB, CM & LM
- Teams score by dribbling through the goals
- Work on both sides of the field

**Coaching Points**

- Patterns of play, including overlaps, under-laps, wall passes
- Checking Away, Checking To
- Create Numbers up Situations

**Expanded Small Sided Activity**

- **Duration:** 25-30 Mins  
- **Activity Intensity:** Medium-High  
- **Repetitions:** 8-10
- **Recovery Time:** 2-3 minutes

**Organization**

- 7v7 on a 60 x 40
- Place two arced channels on each side, with no restrictions in the channels
- Play teams in a 2-3-1
- Goals scored from an assist in a wide area equal 2 points
- Goals scored from an assist in a central area equal 1 points

**Coaching Points**

- Team Shape- Width
- Look to create 1v1 or numbers up situations
- Service and choice of cross.
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**Game**

Duration: 20 Mins  
Activity Intensity: High  
Repetitions: 1  
Recovery Time: 2-3 minutes

**Organization**

- 9v9, one team plays in a 2-3-3. Another team plays in a 3-2-3  
- Field is a 90 x 45  
- Look for coaching patterns and instruct using the Coaches Tool Box when the team fails to create an attacking opportunity on a flank.

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**Cool Down**

- Players light jogging & stretching  
- Juggling