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

**Topic = Functional Training for the Center Forwards**  
**Coach= Adrian Parrish**

* Place two ladders on top of the 18 yard box.
* Server stands on the side of the box with a keeper in goal
* Player runs double step through the first set of ladders, receives a ball from the server, takes a touch and then shoots on goal.
* Straight after the shot, the player runs through the second set of ladders, arcs their run around the flag and receives the second ball to take a shot.

**Coaching Points**
- Take the touch and be positive to go towards goal
- Open up the hips
- Shape the runs to receive the second ball and take the shot first time.
- Look to place the ball into the goal, with power

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* Four players are on top of the 18 yard box.
* Keeper in the goal and a server with numerous balls also on top of the box.
* Two strikers stand opposite each other about the width of the goal.

**Passing Pattern 1**
* Server plays the ball to the striker, who opens up and immediately takes a shot on goal.
* After shooting they check back and do **Passing Pattern 2**.
* Receive another ball from the server.
* This time the player opens up and passes the ball across the top of the box for their teammate to open up and take the shot.
* After the pass, the player spins out.
* The player that just took the shot now receives the ball from the server and sets up the next person opposite them.

**Coaching Points**
- Encourage players to play two touch, setting themselves up for the shot.
* 3v3, attacking team has 2 forwards and an attacking midfielder. Defending team has three defenders and a Goalkeeper.

* Work in the width of the 18 yard box and approximately 30 yards in length

* Attacking team scores in the big goal.

* Defending team scores by dribbling through the counter goals.

**Coaching Points**

* Observe for patterns on how to breakdown the back line
  > Playing forward, back thru
  > Strikers play off the shoulders of the back line for the pass over or thru
  > Use similar patterns as in the previous activity
  > CF checks back, turns and isolates a Def 1v1