

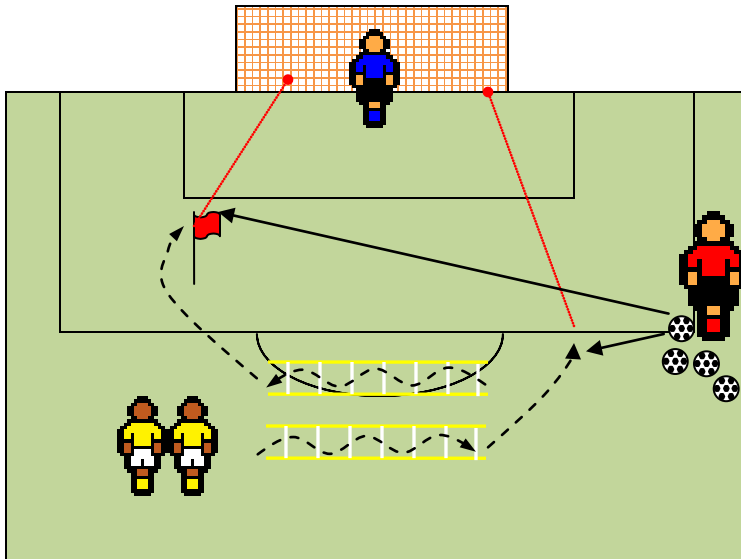


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Functional Training for the Center Forwards

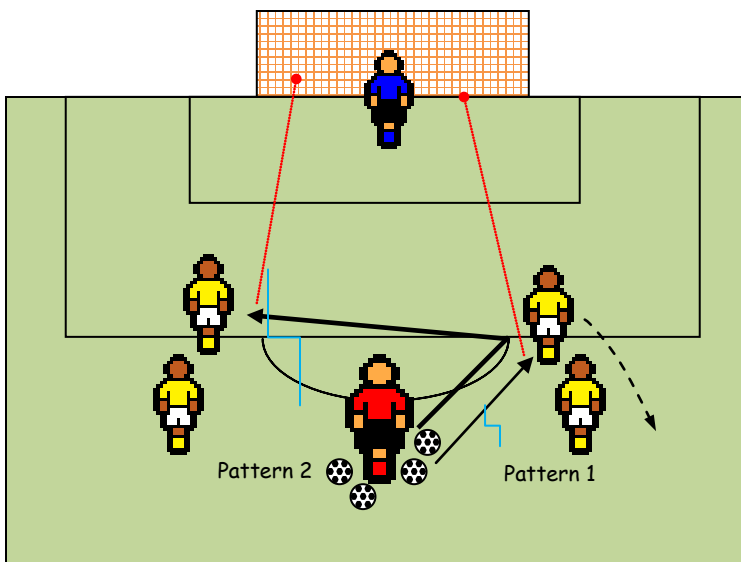
Coach= Adrian Parrish



- * 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



- * 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.

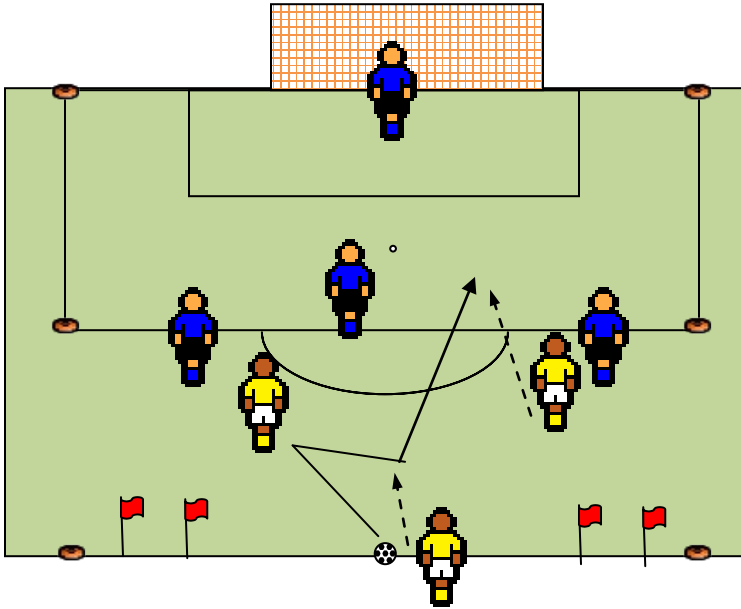
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- * 3v3, attacking team has 2 forwards and an attacking midfielder. Defending team has three defenders and a Goalkeeper.
- * Work in the width of the 18 yard box and approximately 30 yards in length
- * Attacking team scores in the big goal.
- * Defending 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