

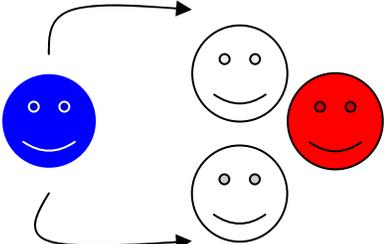
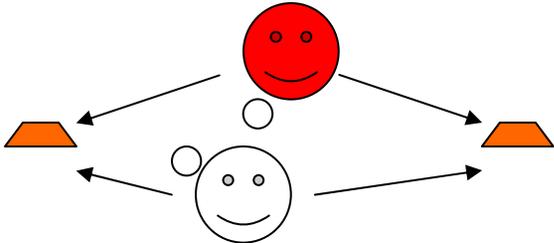
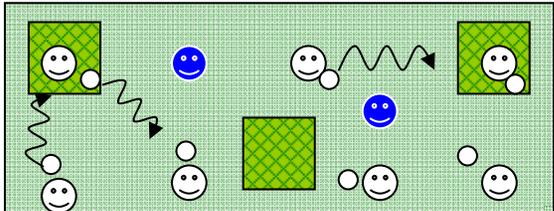
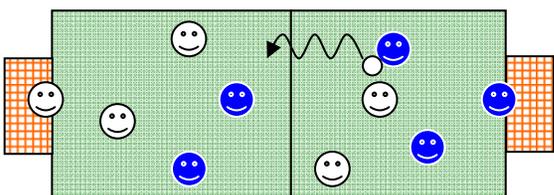


## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = How to coach quick & deceptive movement

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Have 3 players form a triangle by placing their arms on one another's shoulders</li> <li>* A fourth player stands away from the triangle</li> <li>* Designate one player in the triangle to be a target</li> <li>* The 4<sup>th</sup> player attempts to tag the target player</li> <li>* The triangle can not run away but must move around to protect the target player.</li> <li>* Keep switching the person tagging and the target player</li> </ul>	<ul style="list-style-type: none"> <li>* Keep triangle connected</li> <li>* Quick &amp; Deceptive lateral movements</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Players are put into pairs with a ball each (activity can start without ball)</li> <li>* Players stand opposite each other in between 2 cones which are about 5/8 yards apart.</li> <li>* One player leads and attempts to beat their opponent to one of the cones</li> <li>* The player who touches the cone first with their ball wins a point</li> <li>* Players can not cross over the line in between the 2 cones</li> </ul>	<ul style="list-style-type: none"> <li>* Keep the ball moving</li> <li>* Bend your knees and lower your center of gravity</li> <li>* Drop your shoulders</li> <li>* Quick acceleration</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Place some 3 x 3 yard squares in the grid</li> <li>* Select 1 or 2 players to be the taggers</li> <li>* Every other player has a ball and dribbles around the area</li> <li>* If a player is one of the squares they can not be tagged</li> <li>* Only one player is allowed in the safe zones</li> <li>* If another player enters the zone, the other player must leave</li> <li>* If a player is tagged the switch roles with the tagger.</li> </ul>	<ul style="list-style-type: none"> <li>* Acceleration away from the defender</li> <li>* Field awareness</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* 5 V 5 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Let the players play, but encourage players to take players on when in 1 v 1 situations.</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>⤿ = Dribble</li> <li>▲ = Marker Disc</li> <li>😊 😊 = Players</li> <li>🏠 = Goal</li> <li>➡ = Run</li> <li>▣ = Safety Zone</li> </ul>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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