



Kentucky Youth Soccer Association

ODP Lesson Plan



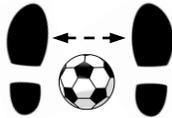
Date: Sunday Feb 5th 2017

Topic: Improving Technique/ First Touch

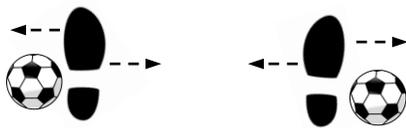
TECHNICAL FOOTWORK WARM-UP:

Dribbling inside a tight area with eyes up so players can see ball and in front of them – players are encouraged to perform any turns and moves before introducing the following ball manipulation activities.

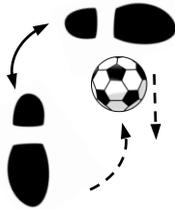
Fast Feet: run on spot then put ball between feet and tap back and forth - bent knees)



Zig Zag: get body low, right foot only - touch inside then outside - make sure to make zig zag line, not straight ... repeat on left foot



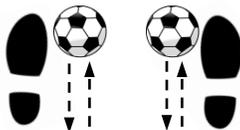
Inside/Inside: using insides of both feet make a backwards L shape - touch across body with inside of one foot then touch in front of you with opposite inside of foot - move to get to where ball ends up then with the foot you touched it out with, bring back across your body then out with the other foot - repeat cycle



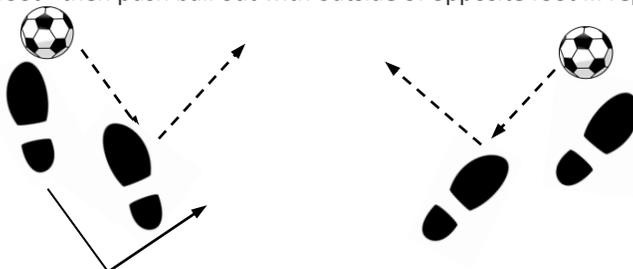
Inside/Outside: touch inside across body, outside with opposite foot outside of frame ... with same foot, touch back inside across body, then outside with other opposite foot outside of frame



Single Foot V/Alternate Feet: pull back towards frame with sole of foot, push out with laces with same foot, repeat sequence with opposite foot - have a bounce to your movement)



Top of the ball/outside or Two Footed V: pull ball back towards frame with sole of one foot, diagonally towards opposite foot - then push ball out with outside of opposite foot ... repeat cycle other side)





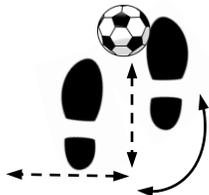
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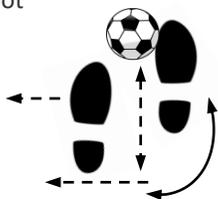
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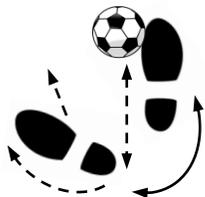
L Pull: pull ball back with sole of foot and push behind standing leg with inside of same foot - turn your body slightly and repeat cycle using the opposite foot. Key is to make sure both feet are moving, especially the one that isn't doing the ball work otherwise this move doesn't work



L Pull outside: pull ball back with sole of foot and push behind standing leg with inside of same foot, then get a touch with the outside of your opposite foot so you remain balanced, turn body slightly and repeat cycle using other foot



L Pull inside: pull ball back with sole of foot and push behind standing leg with inside of same foot, then get a touch back in front of your body with the inside of your opposite foot so you remain balanced, repeat cycle using other foot



Reverse toe touches: stand to the side of the ball to begin with - nearest foot to the ball tap the top of the ball and step over, furthest foot follows tapping top of ball and step over, initial foot you first tapped ball with now goes behind standing leg and taps ball - repeat cycle going back the other way



Red Line = Left Foot Movement

Blue Line = Right Foot Movement

Inside/outside Roll, Inside/Outside Roll: using same foot, touch ball inside with instep, then touch ball outside using outside of foot, then use sole of same foot to roll across front of body to other foot - repeat cycle using other foot

Inside/outside L pull: using same foot, touch ball inside with instep, then touch ball outside using outside of foot, then pull back with sole of foot and push behind standing leg with inside of same foot - repeat cycle using other foot)

Inside/outside L pull/outside: (as above, but add in outside touch - refer to L pull outside up top)

Inside/outside L pull/inside: (as above, but add in inside touch - refer to L pull inside up top)



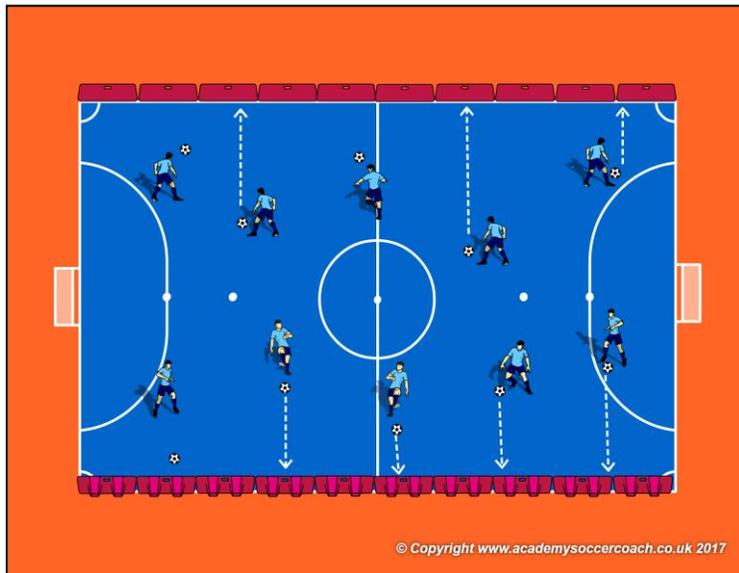
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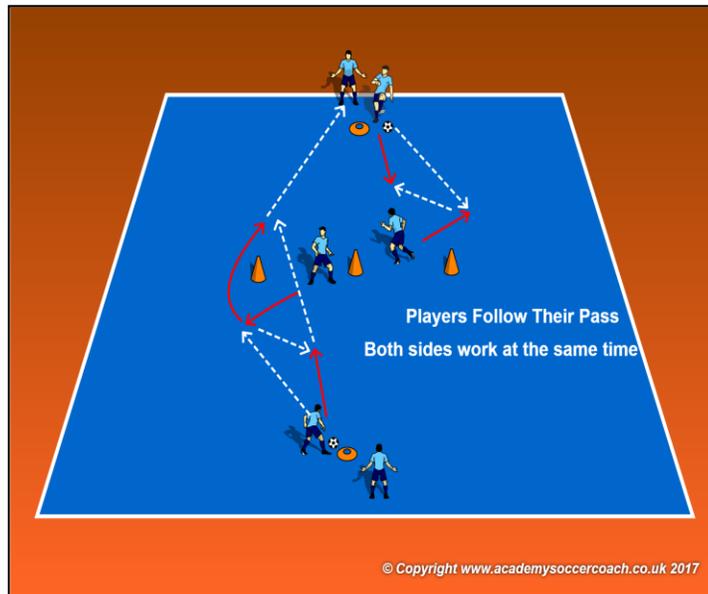
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Players with a ball each perform the following passing/receiving activities against the wall.

- One touch passing, inside of the foot
- One touch passing, laces
- Two touch, move the ball off the touch
- Three touch, pass it and move it twice when it returns
- Pass, let it roll through your legs turn and dribble.

Move feet to be in line with ball
Have a good stance, heels off the floor.
Lock the ankle and punch through the pass.
Don't reach for the ball
Take looks over shoulders



Groups of 6 (8 Max). Place 2 cones about 14 yards apart and three cones in the middle.
Two players start in the middle, peel off to receive the pass, turn/open up and pass to the other side. Players follow their pass.
Progress to the central player, popping the ball back and peeling off the outside cone to have the ball played through the gate.

Coaching Points

- *Timing of Run and Timing of Pass
- * Pace and accuracy of pass to be able to play in a one touch rhythm
- * Checking shoulders/scanning

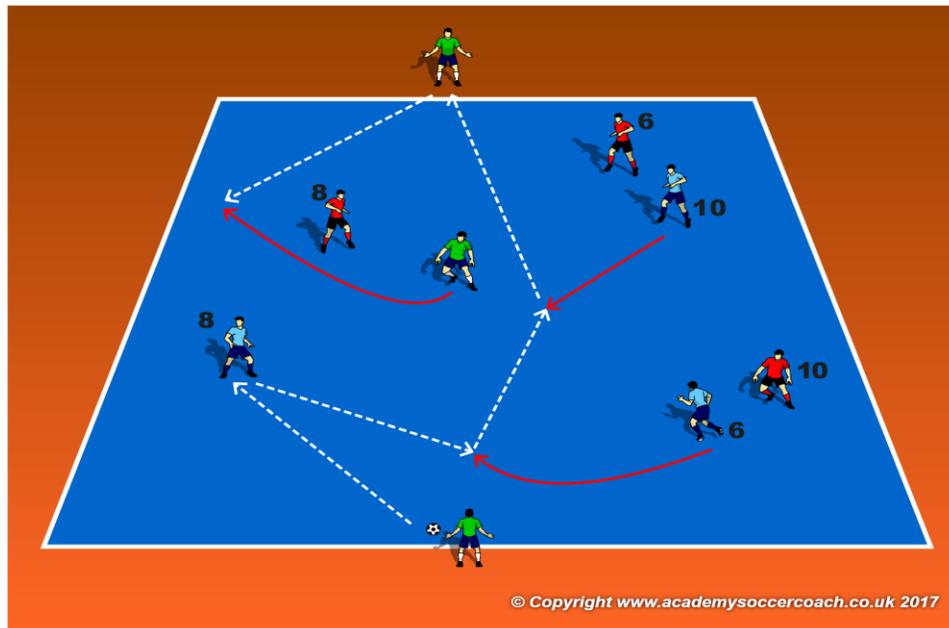


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3v3 plus 3 in a 18 x 12 yard grid. The plus 3 is two target players and a neutral in the middle.

The aim is to get it from one target player to the other and back.

Target players cannot play to target players, but must be active on the end lines. Teams can play back to target player

Can add own restrictions such as every player must touch before it goes to target player on the opposite side

Working on timing of passes and movement, scanning and knowing where your first touch should lead you. Depends on position of the opposition.

Create a rhythm of possession

Juggling Cool Down

Player De-Brief/Feedback