Kentucky Youth Soccer Association  
ODP Lesson Plan

Date: Saturday Nov 12th 2016

Warm-Up

5v1 Rondo.  
Grid is 7 wide x 10 length  
* Ball starts in the middle with the six.  
* Plays the ball out and the receiving player always has to take a touch into the grid before playing to another player.  
* The player always switches places with the player that they passed it too  
* Defender stays in the middle for 90 seconds  
* Players should never be on the same line (square)  
* Be ready to receive the ball, taking the touch away from the defender  
* Scan the grid

Stage II

Set up 4 10x10 yard grids  
6v2 in two of the grids (can be 7v2 or 7v3)  
* Attacking players keep the ball away from the Defenders and look to play 1-2 touch rhythm.  
* Attacking teams attempts to make five consecutive passes and then play into an empty square.  
* Ball must be passed in and the whole group then moves into that empty grid.  
* Defender wins it they switch with an attacker and play continues immediately  
* Play with heads up looking to scan the field  
* Be ready to receive the ball, taking the touch away from the defender  
* Timing of the pass and run

Stage III

30 x 35 yard grid with a goal on each side (goals are 3 yards)  
8v8 in the middle with a team of 8 on the outside (one player on each side of the goal)  
Two Goal-Keepers (defend the goals, not on a team) If keeper saves gives back to other team  
Players score by dribbling through the goals  
Team in possession can use the bumpers players to maintain possession.  
Players on the outside must play 1 touch  
Encourage the players in the middle to play in a 1-2 touch rhythm  
Team switch with the bumper players after 4 minutes.

Cool Down & Review Session