



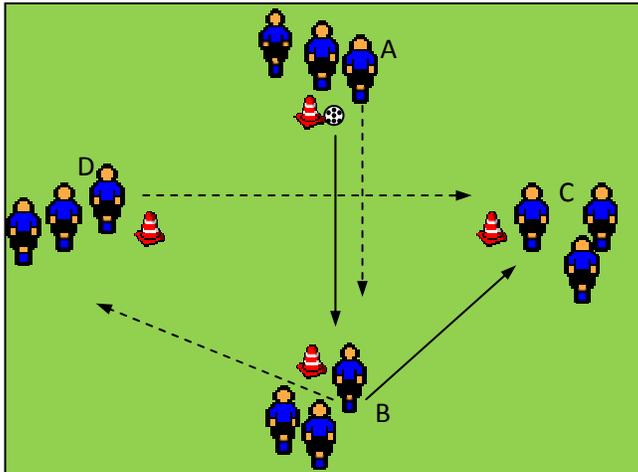
Kentucky Youth Soccer Association

Lesson Plans – Midfield Rotation & Reading Cues



Training Objectives: The session is covering all positions but the main focus can be placed on the central midfield unit #6, #8 & #10 to move and interchange with each other. Players need to read the cues and move off the other player’s movement, coach the players to think ahead of the next pass and keep move and different speeds to create space for a pass or another player to exploit

Warm Up



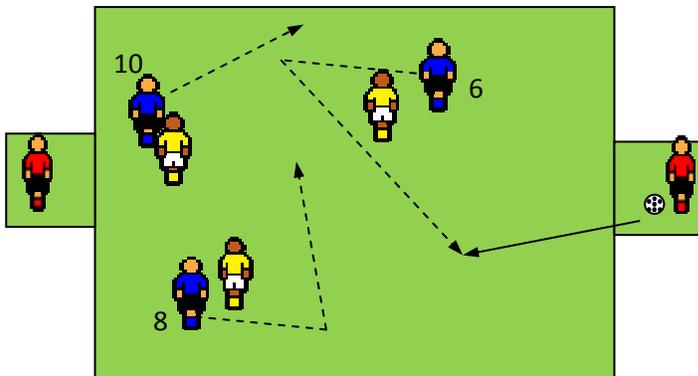
Organization

- * Set up a diamond with 3 players behind each cone
- * Cones approximately 12 yards apart
- * First player in line A passes across to line B and applies pressure
- * Line B passes right (to line C) and moves left behind Line D
- * First player in line D applies pressure to line C
- * The passing pattern continues with C passing right and moving left
- * Progress to play either side, but still move the opposite way

Coaching Points

- * Players need to read the cues of the defender to work out which way the first touch should go
- * Keep the ball moving quickly
- * Receiving player should check off the cone

Small Sided Activity



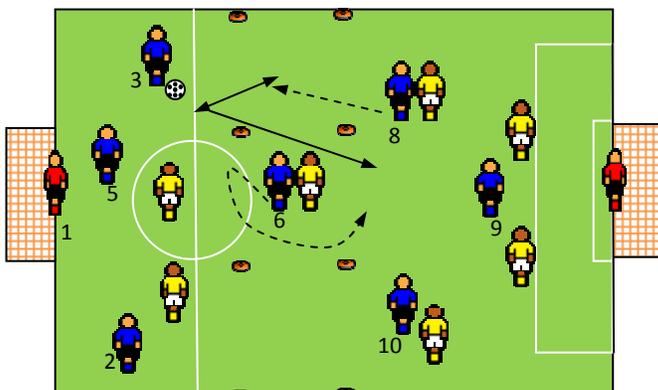
Organization

- * 15 x 15 yard grid with two 3x3 yard boxes on the end
- * 3v3 with a target player in each end box
- * Players basically man mark their opponent
- * Aim is to play from one box to the other but can play back.
- * Target players cannot play to each other, but players in the middle can play back if they can't go forward

Coaching Points

- * Players have to keep moving and checking to lose player. Never stop moving, but need to change the pace of the movement
- * If player can open up and move forward then that should be the option of opening up the hips and receiving on the front foot
- * Player passing the ball needs to read the defender to see which side to play

Expanded Small Sided Activity



Organization

- * Field is 78 x 46 yards, playing to two larger goals
- * Set up a 10 yard channel just past the half-way line (used as a visual guide)
- * Attacking team plays in a 1-3-3-1
- * Defensive team plays in a 1-2-3-2
- * Ball starts with the attacking teams goalkeeper
- * Try to play through the midfielders who continuously check in and out of the middle zone
- * No restrictions are placed on the players or the zones. Normal soccer rules

Coaching Points

- * Focus on the rotation of the midfielders, if a player checks into receive the ball but does not receive it then they check out leaving space for the other players to move into
- * Check over the shoulder



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9v9 Game



Organization

- * Field is 86 x 46 yards
- * 9v9 with both teams playing in a 1-3-3-2 formations
- * Normal soccer rules including offside

Coaching Points

- * Focus on the players runs and continuous movement
- * Players need to be reading each other's runs and work off each other
- * Change the speed of runs
- * Players on the ball need to read the defenders to decide if they pass to feet or space in behind.