



Kentucky Youth Soccer Association

Coach Education Lesson Plan

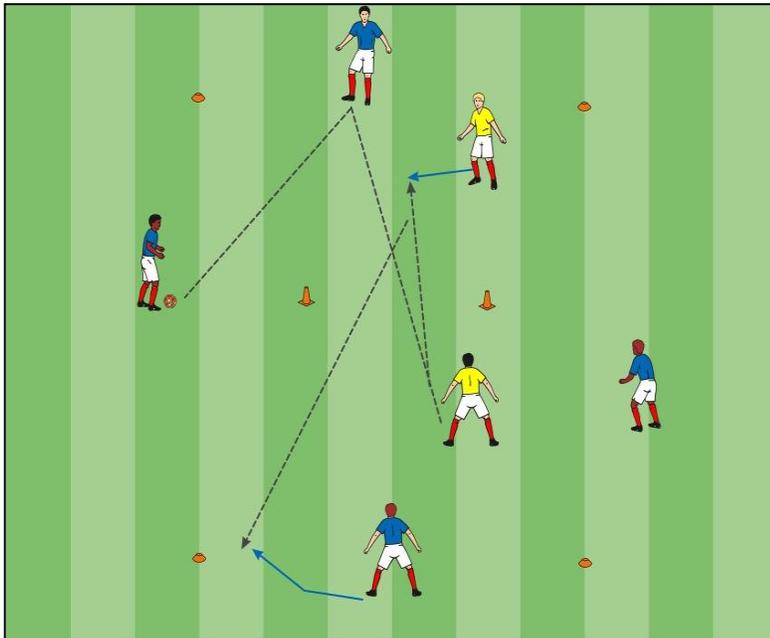
Adrian Parrish: Technical Director



Topic: Midfielders Roles During the Build-Up

Training Objectives:

To improve the midfielders understanding of recognizing when and where to support their team mates while the team is building up from the defensive half. Working on the timing and supporting angles as well as keeping the ball circulating so that the team can penetrate. Help the midfielders to work in unison with each other so that they can stretch the opposition to create the opportunities to exploit the opposition by playing wide or through the gaps centrally



Organization

Grid approximately 16 yards x 22 yards. Two cones approximately 3 yards apart are placed in the middle of the grid. 4 players on the outside. One player on each side of the grid, the players must keep moving up and down the perimeter. 2 players are in the middle. Players pass the ball around the outside. On every third pass the ball is played into a central player, who plays it through the gate to their team mate and then back to the outside. Rotate players in the middle, every 60 seconds

Coaching Points

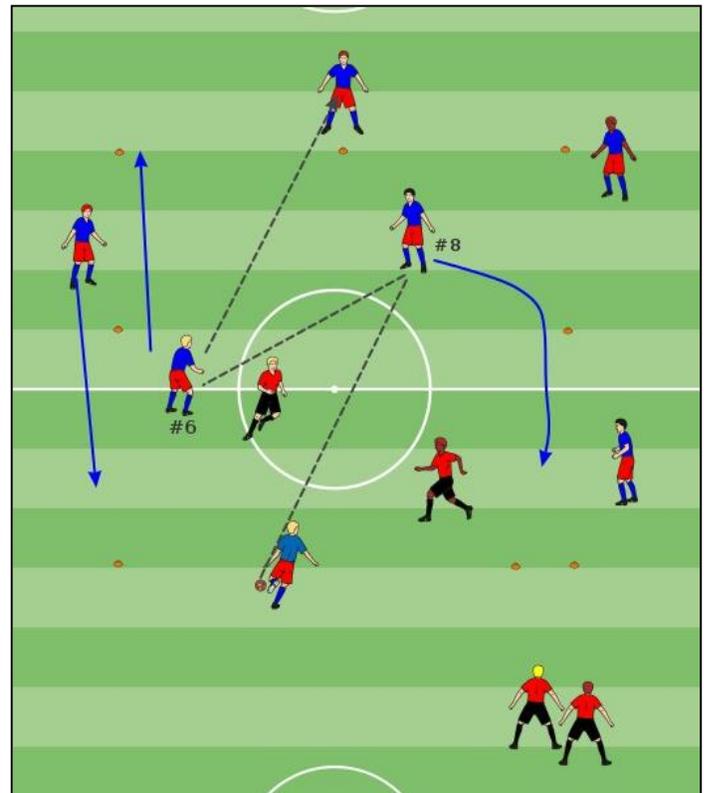
Weight of pass needs to be firm and played fast. Movement of body, shape the body up to receive the ball and play the way you are facing. Scan the field, be looking for the next pass. Try to play the deepest midfield first

Organization

7v2 or 6v1. If playing with seven players on the attacking team, place two in the middle and five on the outside. If playing with six players on the attacking team, place one in the middle and five on the outside. Coach serves the ball into the central players who connect with an outside player & keep maintaining possession. Two defenders come in and try to win the ball. The team maintaining possession wins a point every time they connect with the midfielder and switch out the other side. If the defenders win the ball they play it back to the coach and the next two defenders enter the grid. Anytime the attacking team loses possession from a poor pass or it deflects out a new set of defenders enter the grid.

Coaching Points

Midfielders vacate the space and try to play in between the defenders. Speed of the pass, try to play 1-2 touch. Midfielders need to scan the field. Movement and support of the players on the outside needs to be opposite of what the central players do. Players on the outside need to guide and instruct the central players on what to do. Never stop moving, always offer good supporting angles (distance and timing)





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Organization

8 Attacking Players (playing with 1 GK, #3 Def, 1 Defensive Mid, 1 Attacking Mid and 2 Wingers) versus 7 Defensive Players (2 Def, 3 Mids and Strikers)

Teams play on 60 x 50 field. Attacking team plays out of the big goal and scores in the two counter goals. Defensive team defends the two counter goals and attempts to score in the big goal.

FIFA Rules apply including offside, corners, throw-ins and goal-kicks

Coaching Points

- * The #2 & #3 make the field wide as does the #7 & #11
- * #6 drops in a little to try and receive the ball.
- * Midfielders have to work opposite each, never be on the same line and avoid square passes.
- * Scan the field, looking to switch the play.
- * #8 needs to make the field long (stretch the field)
- * Encourage the #6 and #8 to play with a one-two touch rhythm, but always be looking to support the ball and get on the ball

Organization

9v9 on an 80 - 55.

Team 1 Plays in a 1-3-2-3

Team 2 Plays in a 1-3-3-2.

Normal FIFA Rules

Coaching Points.

Looking to create passing patterns using the midfield in the buildup.

Midfielders cannot be on the same line

Try to play the high midfield target

Keep moving off to receive the ball at angles

Players need to be scanning the field to receive the second pass

Timing of Runs and Pass

