**Kentucky Youth Soccer Association**  
*Coach Education Soccer Lesson Plan*

**Topic:** Movement of the Strikers to create shooting opportunities  
*Coach:* Adrian Parrish

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|                       | * 6 Players, three stand just on top of the penalty box and the other three near the goal.  
  * Places three cones on top of the penalty box  
  * One striker stands on the middle cone, checks through a gate and back to receive the pass.  
  * Striker lays it back to the passer and spins off the outside cone for the passer to play it back through the gate.  
  * Striker takes it to play 1v1. Players rotate lines. | * Angle/Timing of Runs  
  * Lead players into the pass/dribble  
  * Engage the keeper off the line  
  * Place the ball into the corner |

**MATCH RELATED ACTIVITY**

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|                       | * 30 x 24 grid divided in half  
  * Place one defender and one attacker in each half.  
  * Two Midfielders play the ball into the first striker and move in to support.  
  * The striker combines with the midfielders to then play into the second striker.  
  * Strikers and defenders stay in their section and the midfielders run into support.  
  * If the defenders win it, they dribble over the line where the midfielders started the activity. | * Strikers needed to be staggered and not behind each other.  
  * Timing of the runs  
  * Place body between the defender and the ball  
  Defenders apply light pressure to start. |

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|                       | * 7v7 with a neutral player  
  * Divide the field into thirds, with the middle channel being slightly bigger than the two wide channels  
  * The team you coach plays in a 1-3-1-2 formation  
  * Any players are permitted in all the channels  
  * If the team scores a goal through the middle channel it equals three  
  * Any goal scored off a cross equals one goal  
  * Offside rule applies | * Movement of the strikers, encourage them to stay centrally but staggered.  
  * Strikers look to play off the defenders shoulders.  
  * Timing of runs from the strikers and angles of support from the midfielders |

**MATCH**

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| * 8v8 * Normal Soccer Rules  
  * Teams play in a 1-3-2-2 formation and/or a 1-2-3-2 formation | * Players  
  = Run-Move  
  = Ball  
  = Goal  
  = Cone |