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

**Topic =** Passing and Dribbling to maintain Possession  
**Coach =** Adrian Parrish

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| "2 v 2 +1 in a 15 x 10 yard grid"  
"Players can pass and move around in the grid to loosen up"  
"Eventually players will become live in trying to just keep the ball away from the other team."  
"Teams score a point by splitting their opponents with a pass or a dribble" | "Face defenders to keep the game going in a positive manner"  
"If dribble is on go with speed"  
"Speed of pass"  
"Supporting angles and distance of teammates when in possession of the ball." |

**SMALL SIDED GAME ACTIVITY**

*Place 7 to 8 gates approx 2 yards wide around the grid*  
*Play 5 v 5 + 1*  
*To start teams can only score a point successfully passing through a gate to a team mate*  
*Add they can also score by dribbling through*  
*First team to 15 wins the game*

**EXPANDED SMALL SIDED GAME ACTIVITY**

*7 v 6 (inc Gk)*  
*7 Attacking players go towards the big goal*  
*6 Defenders score by passing to their target player through the counter goals. Target player must remain in designated area.*  
*One of the two defenders can come out of the designated area when attacking team is in possession*  
*Attacking team plays all in. Defending team plays 3 touch limit*  
*Look forward quickly*  
*Wide players to create width, forwards to stay deep and play on the shoulders of the defenders.*  
*Move the ball around to create openings to attack on the dribble or splitting pass*  
*Movement to create space in and around the attacking third*

**MATCH CONDITION ACTIVITY**

*7 V 7 including GK's*  
*One team plays in a 3-2-1*  
*One team plays in a 2-3-1*  
*Normal Soccer Rules*  
*Use half of a regular 11 a-side regulation field*  

**COOL DOWN**

Players pass and move in pairs. Stretch

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