Topic = Patterns of play to incorporate flank players

FUNDAMENTAL – WARM UP

* At each cone there will be 2-3 players with balls at lines of X1 and X2.
* X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1.
* X2 lays ball off with 1 touch to X3 who finishes on goal. X1 lays the ball off to X4 who finishes on the opposite goal.
* Pattern repeats with the next players in each line.

**Organization Key Coaching Points**

* Weight of pass
* Timing of runs
* Open up the hips to allow ball to come across the shooters body
* Read the keepers position and finish the opportunity

Guided Discovery

What can the shooter do to change the keepers position

FUNDAMENTAL – WARM UP (Continued)

* Same number of players as previous activity
* X1 takes a touch and plays a ball diagonal to X2. At the same time X2 plays a diagonal ball to X1.
* X1 receives and lays a ball off to X4 who is overlapping to deliver a cross to X2. X2 receives and lays a ball off to X3 who is overlapping to deliver a cross to X1.
* X1 & X2 must delay their runs onto the ball provided by X3 & X4 to finish on goal
* Pattern repeats with the next players in each line.

**Organization Key Coaching Points**

* Weight of pass
* Timing of runs
* Crossing player needs to touch the ball in before sending the ball across
* Attacking player needs to hit the cross with speed

Guided Discovery Question

What signals can the striker picking up from the flank player to change their runs?

SMALL SIDED ACTIVITY

* Functional Training using approximately quarter of the field.
* Attacking team has 2 Def, 3 Mids and 2 Strikers
* Defensive team has 1 Gk, 3 Defs, 3 Mids and 1 Striker
* Attacking team try to score in the big goal
* Defensive team pass the ball through the counter goals to target player
* Target players switch the attack and play back to the attacking team
* Encourage the wide players to keep their width
* Strikers to stay as centrally as possible
* Look for some of the patterns below to come out
  > Wide Player Takes the Def on 1 v 1
  > Wide Player dribbles in and looks to combine with strikers
  > Full Backs Overlap
  > If Back line is pushed up can ball be played over the top into the corner

EXPANDED SMALL SIDED ACTIVITY

* Phase of Play using just over half the field
* Attacking team go to the big goal
* Defensive team play to the counter goals, but it must be touched by their target player past the line of confrontation before they can score
* Have numerous balls placed around the area for the last two activities to keep it flowing

MATCH

9 v 9 Game with little to no Coaching

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