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

**Topic = Penetrating Passes**

**Coach = Adrian Parrish**

### FUNDAMENTAL - WARM UP

- Place players in groups of four
- Split them into pairs and have them about 30/40 yards apart
- One pair starts by passing the ball back and forth for about 5-6 passes
- They then open up and play a long pass into the furthest player
- This player lays it back to the partner and the process continues

**Guided Discovery Question**
Which part of your foot should you use if you want to drive the ball on the ground?

### ORGANIZATION

**KEY COACHING POINTS**

- Open up the hips
- Make eye contact with the receiving player
- Head and Shoulders over the ball
- Select surface of the foot

### SMALL SIDED GAME

- Play 4 v 2
- Play in a 20 yard by 10 yard grid
- The four keep the ball away from the two, and score a point each time they split the defenders with a direct penetrating pass (see diagram)
- If the two defenders win it they keep the ball away from the four
- Switch roles every two minutes

**Team Shape, width & depth**
- Lead players into their next pass
- Pace of the passes
- Supporting runs

**Guided Discovery Question**
What should you do with your body so you can make a one touch penetrating pass?

### EXPANDED SMALL SIDED GAME

- 7 v 7
- Both teams play in a 1-2-3-1 formation
- Divide the field into thirds
- Teams play normal soccer rules, including offside
- No corners, if a corner is earned then the ball goes back to the attacking teams GK
- Teams score 3 points if they can skip the middle third with any type of pass and then go on to score

**Field Awareness**
- Selection of pass

**Guided Discovery Question**
When can we dribble the ball and when should we look to pass?

### GAME

- Play 7 v 7 with normal soccer rules
- Let the players play

### COOL DOWN

Players pass and move in pairs. Stretch

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