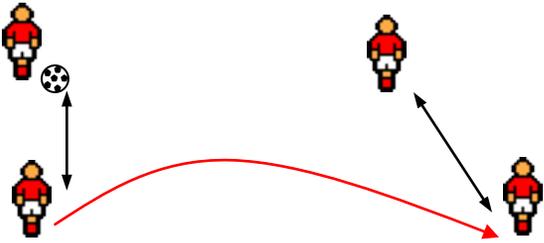# Kentucky Youth Soccer Association
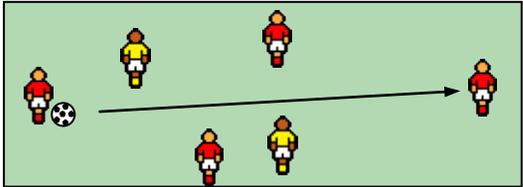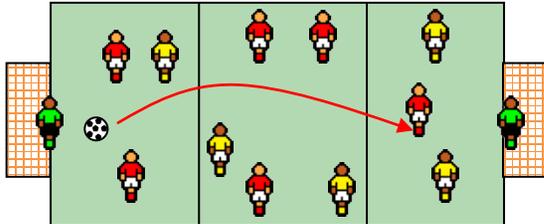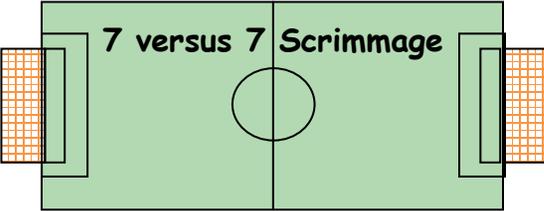## Coach Education Lesson Plan

Topic = Penetrating Passes   **Coach= Adrian Parrish**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	* 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	* Open up the hips * Make eye contact with the receiving player * Head and Shoulders over the ball * Select surface of the foot **Guided Discovery Question** Which part of your foot should you use if you want to drive the ball on the ground?
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 7 versus 7 Scrimmage	* Play 7 v 7 with normal soccer rules * Let the players play	= Players ⊕ = Ball → = Pass = Goalkeeper = Goal = Long Pass
COOL DOWN	Players pass and move in pairs. Stretch	

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