



Kentucky Youth Soccer Association

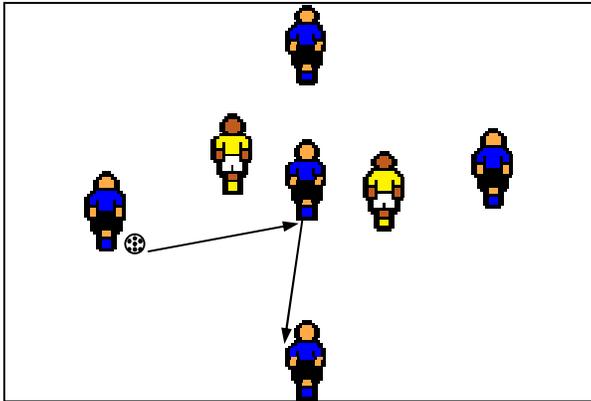
Olympic Development Lesson Plan

Saturday November 8th 2014



Training Objectives: Playing in and out of tight spaces

Warm Up



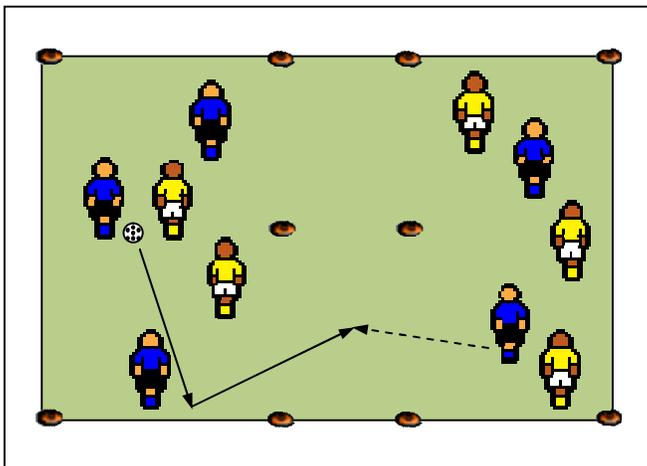
Organization

- * 5v2 Rondo's
- * Playing in a 15 x 15 yard area
- * Four attackers on the outside and one in the middle with two def's
- * Players on the outside keep the ball away from the defenders
- * They score a bonus point if they play through the central player
- * If defenders win the ball they keep it and the central player tries to win it back.

Coaching Points

- * Movement and supporting angles
- * Disguising the pass, pace of the pass.
- * Receiving the ball away from pressure/letting it roll across the body

Small Sided Activity



Organization

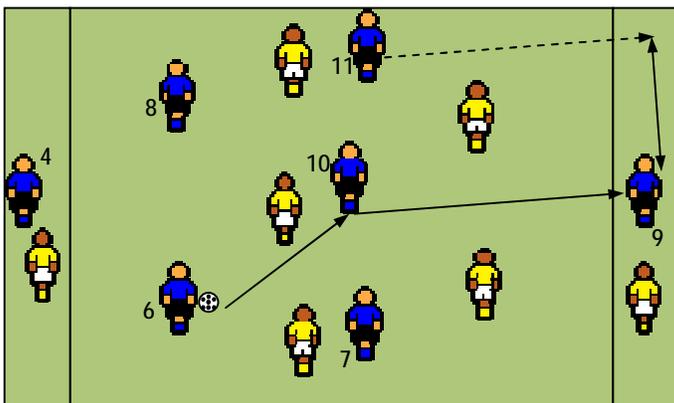
- * 22x 16 are with two halves of 11x 8 and a 2 yard central zone
- * 3v2 in each half.
- * Start with players having to stay in their own half but the ball can transfer over
- * Teams score a point for every consecutive pass they make.
- * First team to 100 wins
- * Progress to allowing one player to check into the neutral zone to receive the ball

- * Scoring system becomes one touch passes equal a point

Coaching Points

- * Movement off the ball – Timing of the runs, when and where
- * Thinking ahead, knowing where to play before receiving the pass
- * Pace and weight of passing, leading players
- * Communication, verbal and visual

Expanded Small Sided Activity



Organization

- * 5v5 in on a 40 x 30. Place the players in a 2-3 formation (focusing on using the 6,8, 7,10,11)
- * Two end zones are placed at each end 5 x 30
- * In each end zone place a player from each team (#5 & #9)
- * The aim is to play the ball to the target player in the end zone and have a player join them to create a 2v1 and make 3 quick passes to score a point.
- * If the defender wins it they play back out

Coaching Points

- * Speed of play, recognizing when to play quick and when to slow it down.
- * Same points as previous activities.



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Game

9v9, playing in a 1-2-5-1. Focusing on playing the ball through the midfield.

Field size needs to be tight 65 x 45

Cool Down

- * Players light jogging & stretching
- * Juggling