# Kentucky Youth Soccer Association

## Coach Education Lesson Plan

### Topic = Playing Forward, Back and Through            
### Coach = Adrian Parrish

<table>
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<tr>
<th>FUNDAMENTAL - WARM UP</th>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
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| * Three teams of three players  
* Two teams work together to keep the ball away from the other team  
* Defensive team becomes the attacking team if they win possession or force one of the attacking teams to make a mistake  
* Attacking teams are restricted to three touches or less | * Draw the defensive team in  
* Be patient as a unit  
* Be aware of the defenders positioning (play what they give you)  
* Support Play | **Guided Discovery Question**  
What do you have to do with your body to be aware of your surroundings as you check to the ball? |

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<th>SMALL SIDED ACTIVITY</th>
<th>GUIDED DISCOVERY QUESTION</th>
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| * 4 V 4 with 4 players from each team on each side of the grid  
* Players in the middle have unlimited touches  
* Players on the outside have a two touch limit but can not be challenged  
* Outside target players can not play to each other  
* Teams can score a point if they can pass the ball from one side to the other  
* Rotate players every 3 to 4 minutes | How and why do you draw the defensive team in? |

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<th>EXPANDED SMALL SIDED ACTIVITY</th>
<th>GUIDED DISCOVERY QUESTION</th>
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| * Place two end zones at the end of a 65 x 45 grid  
* End zones are a free area and each one can be entered by the team that has possession  
* The ball can not go directly from end zone to end zone  
* 3 touch maximum in the middle  
* Players can dribble or pass into the end zone (under control)  
* A point is scored when you successfully transfer the ball from one side to the other while maintaining possession | Why is it important to over hit your long passes? |

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<th>LARGE GAME</th>
<th>COOL DOWN</th>
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| * 6 v 6 for U12 Teams  
* 8 v 8 for U14 Teams and above  
* Normal soccer rules  
* Little to NO coaching, but looking for the patterns of play that you have just covered | Light jogging and static stretching |

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**Website:** [www.kysoccer.net](http://www.kysoccer.net)  
**Telephone:** 859-268-1254 ext 14  
**Email:** adrianparrish@kysoccer.net

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