**Kentucky Youth Soccer Association**

**Coach Education Lesson Plan**

**Coach = Adrian Parrish**

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<th><strong>Fundamental – Warm Up</strong></th>
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| * 5 v 2 in a 15 x 10 yard grid  
* The 5 players must make 5 or more passes to score a point  
* If the two defenders win possession they try to keep possession  
* If the ball goes out it always starts with the 5 attackers  
* Change roles every 3-5 minutes | * Pace of pass  
* Disguise the pass  
* Engage the defenders  
* First touch away from pressure  
* Supporting angles and runs  
* Recognizing cues, when to pass or when to dribble |

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<th><strong>Small Sided Game Activity</strong></th>
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| * Place two 15 x 10 yard grids side by side  
* Start with 5 v2 in one half  
* After 5 consecutive passes the attacking team can either dribble or play a ball into the other half for the whole team to move over and play 5 v2 over there  
* Defenders stay in the half but move out of the grid  
* If a defender wins it they switch out with the player who made the mistake | * 5 v 5 with a target for each team  
* Teams can score one point by playing it in to a side goal  
* If teams play through the center goal the target player needs to rebound it back into play for a teammate to receive it and dribble through the goal.  
* Goals scored in the middle count double | * 7 v 7 including GK’s  
* One team plays in a 3-2-1  
* One team plays in a 2-3-1  
* Normal Soccer Rules  
* Use half of a regular 11 a-side regulation field |

**Key Coaching Points**

- **Organization**
- **Key Coaching Points**

**Cool Down**

Players pass and move in pairs. Stretch.

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