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

**Topic** = Receiving & Turning with the ball  
**Coach** = Adrian Parrish

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<th>FUNDAMENTAL – WARM UP</th>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
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| **Half the group on the outside of the area**  
**Leave two player on the outside without a ball**  
**Players in the middle check to receive a pass**  
**The turn with the ball and pass to a player on the outside that does not have a ball**  
**Then check to receive another pass**  
**Change roles after 60 seconds** | **Check to receive the pass**  
**Quality of the pass**  
**Surface used to receive the pass**  
**Bend the knees, and accelerate into space**  
**Head Up** |

**MATCH RELATED ACTIVITY**

* 1v1 with two neutral players  
* The attacking player in the middle checks to a neutral player to receive the pass  
* The player receives the pass on the turn and attempts to dribble past their opponent and play it into the other neutral player  
* The attacking player continues to then receive the pass back and play back to the other side  
* If the defender wins it they become the attacker

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| **Awareness of the opposition**  
**Movement to create space**  
**Try to lead the player into the turn**  
**Surface used to receive the pass**  
**Disguise**  
**Bend the knees** |

**MATCH RELATED ACTIVITY**

* 4 v4 plus Goalkeepers  
* Players are restricted to staying in their own halves  
* Defenders play the ball into the attackers, who try to turn and score  
* Attackers can play back to defender  
* Defenders can shoot if ball is laid back

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| **Team Shape, to create space**  
**Field Awareness**  
**Communication** |

**MATCH CONDITION ACTIVITY**

* 6 V 6 including GK’s  
* Normal Soccer Rules  
* If a players scores after receiving it and turning the goal counts double

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<th>MATCH CONDITION ACTIVITY</th>
<th>KEY TO DIAGRAMS</th>
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| **Players**  
**Ball**  
**Pass**  
**Movement without the ball**  
**Turn**  
**Goal** |

**COOL DOWN**

Players pass and move in pairs. Stretch

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