



Kentucky Youth Soccer Association

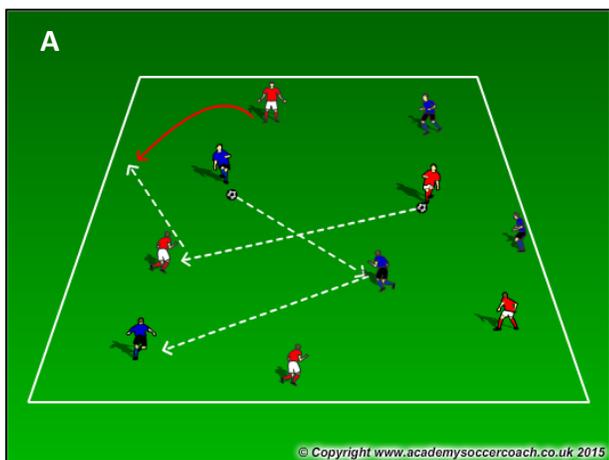
Lesson Plans – Rhythm of Play

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Training Objectives: Working on the midfield unit in an 8v8 game to control the tempo of the game as they attempt to play into the attacking third. The #8, #10, #7 & #11 need to recognize when, where and why to penetrate versus when to possess.

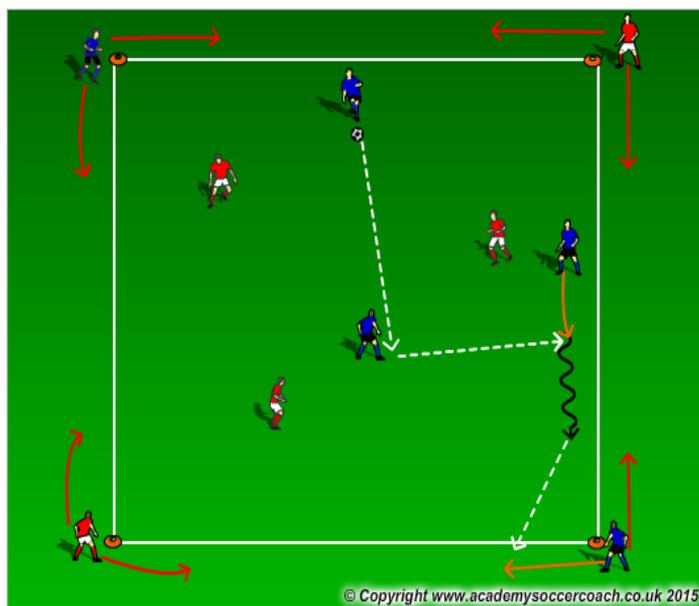
Warm-Up



Set up a 20 x 24 yard grid, with two teams of 4 or 5 players in the grid. Teams pass with a **Size 1 soccer ball**, just passing and moving. Incorporate Dynamic Stretching. Progress to adding two balls per team and add the following elements.

- * Players receiving the ball, have to open up and let the ball roll across their body. Scan the field, because behind every touch there needs to be a purpose
- * Don't allow the players to verbally communicate
- * After receiving the ball, the player must take it on a dribble into space created
- * Encourage two touch when it's on

Small Sided Activity



Organization

- * 20x24 yard grid
- * Teams of 5 players. 3 players per team in the middle and 2 on the outside of opposite corners
- * The teams try to play from one corner to the opposite corner, and keep going back and forth
- * The players in the corner must keep moving up and down of the sidelines to support the players in the middle

Coaching Points

- * Scan the field, look around to make decision before receiving the ball
- * If no pass is available the player needs to maintain possession by dribbling
- * Open up the hips to receive the pass across the body
- * If a defender is close, place body between the player and ball, taking the ball with the outside of the foot

