## Kentucky Youth Soccer Association

**Coach Education Lesson Plan**

### Topic = Shooting Activities for Young Players

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<table>
<thead>
<tr>
<th>FUNDAMENTAL – WARM UP</th>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Every player has a ball</td>
<td>* Encourage players place the ball between the two coaches</td>
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<tr>
<td>* Coaches walk around the area with two vests tied together and holding an end each to create a goal</td>
<td>* Encourage players not to stand in front of the goal but keep the ball moving</td>
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<tr>
<td>* Players try to pass the ball in between the two coaches and below the vest.</td>
<td>* Players keep their heads up looking for the goal</td>
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<tr>
<td>* When the ball is passed through the player moves around the coaches and collects the ball on the other side</td>
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</table>

### MATCH RELATED ACTIVITY

* Place two pug goals in the middle of a 5 x 5 yard grid inside your area.
* Designate 1 or 2 defenders to go in the grid
* Other players dribble around and try to score in one of the pug goals
* The players dribbling are not permitted to shoot in the 5 x 5 area.
* The defenders need to kick the ball out when the players are attempting to shoot.

### MATCH RELATED ACTIVITY

* 4 v 4 with four goals
* Teams attack and defend two goals
* The coaches stand behind two of the goals
* If the coach is standing in one of the goals the team can not score in that goal and must go to the other side

### MATCH

* 4 V 4 no GK's
* Normal soccer rules
* Little to NO coaching

**COOL DOWN**

Players pass and move in pairs. Stretch

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