### Kentucky Youth Soccer Association

#### Coach Education Lesson Plan

**Topic:** Passing & Receiving  
**Coach:** Adrian Parrish

#### Organization

**Fundamental - Warm Up**
- Groups of 6 in a 12 x 10 area
- Ball Starts is corner with two players
- Pass to the next corner and follow the pass

**Progression**
- Ball is played the other way around the area
- Player follows in with speed to put the receiving player under pressure
- Groups race against each other
- Have two balls moving around the area

**Match Related Activity**
- 3v1 Explosive Squares
  - In the groups players number themselves 1, 2, 3 & 4
  - Players pass and move the ball around the area
  - When the coach calls out a number that play leaves their square and goes into the opposite one to win the ball back as much as possible.
  - Defenders win a point each time they win possession or the ball goes out of the area.
  - Winning team is the team with the least scored against

**Match Condition Activity**
- Divide the group in too two equal teams
  - 4 v 4 plus a GK
  - Have extra balls placed around the field to keep the game moving quickly
  - Emphasize on possession and passing techniques

**Match Related Activity**
- Play in a 20 yd x 50 yd area divide into 2 halves
  - 2 equal teams with one team starting with the ball
  - The other team sends in two defenders to try and win the ball and play it back to their team mates
  - If they win it they move back to support and 2 defenders come in, to make a 5 v2
  - Attacking team wins a point for every 5 consecutive passes they make

**Cool Down**
- Players in pairs pass and move the ball. Stretch

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**Legends**
- ☺ = Players
- ☺ = Colored Vest
- ○ = Ball
- ⬍ = Run with out the ball
- ← = Pass
- = Goal Net

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