Kentucky Youth Soccer Association
Coach Education Lesson Plan

Topic: Speed & Agility Training With the Ball
Coach: Adrian Parrish

**Training Objectives:** To help players improve their speed related to positions they play in the game.

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**Warm Up**

Duration: 10 Mins  Activity Intensity: Low thru High  Repetitions: 15-20  Recovery Time: 1 minute

**Organization**
- Players in groups of 3, with a ball. 6 Training poles & 2 cones
- Two players stand two yards apart passing the ball back & forth
- One the coaches command the player side steps over the poles and jogs out to the cone which is placed approximately 8 yards away.
- Build from jogging out at 50% to 75% thru to 100%
- As soon as the player has left the next one steps in
- Progress to having the server call out which side the player goes to.
- Progress to having a ball at the end of the ball that the players takes on the run

**Coaching Points**
- Pace on the pass, don’t let the ball stop. Play 1 touch
- Keep the feet moving quick over the poles
- [Click Here](#) to view the activity

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**Defenders**

Duration: 10 Mins  Activity Intensity: Medium -High  Repetitions: 5-7  Recovery Time: 90 seconds

**Organization**
- Players are placed in pairs, with one ball, two larger cones and a disc
- Cones are placed 10-15 yards apart
- Defender checks to the first cone, when the ball carrier passes the ball the defender explodes to retrieve the ball and take it around the cone to pass back.
- Complete 5-7 reps before switching roles

**Coaching Points**
- Keep center of gravity of low and be light on your feet
- Bend the explosive run
- [Click here](#) to view the activity

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Center Midfielders

Duration: 10 Mins  Activity Intensity: Medium-High
Repetitions: 8-10  Recovery Time: 90 seconds

Organization
* Player A does quick sideways runs between the cones on the halfway line
* Player B & C pass the ball back and forth
* When player A calls out a color of the two set of cones the player on that side dribbles through the cones and tries to get through the gate where player A was standing.
* Player A explodes out to meet the player dribbling with the ball and tries to win the ball. Play for 3-4 seconds.

Coaching Points
* Play on the front foot to explode into the dribble/run
* [Click Here](#) to view the activity

Wingers

Duration: 10 Mins  Activity Intensity: Medium-High
Repetitions: 8-10  Recovery Time: 90 seconds

Organization
* The winger checks in between the two cones, which are placed 5 yards apart.
* When then player is on their way back and server pass the ball for the winger to explode onto and take on the dribble.
* Winger passes the ball into the goal
* Progress to add a defender to track the winger and apply pressure.

Coaching Points
* Build up speed in between the cones and explode onto the ball
* Positive touch out of foot to maintain running speed
* [Click here](#) to view the activity

Strikers

Duration: 10 Mins  Activity Intensity: Medium-High
Repetitions: 8-10  Recovery Time: 90 seconds

Organization
* Two strikers check in between two cones which are placed 5 yards apart on top of the 18 yard box.
* One server stands in between the six yard box and the PK spot
* Another server stands on the outside of the goalpost. No keeper is needed as the focus is on working on the speed and reaction and not the shooting.
* Strikers, explode out of the second gone and sprint to receive the pass from the servers.

Coaching Points
* Build up speed in between the cones and explode onto the ball
* Players need to meet the ball at full speed
* [Click here](#) to view the activity