



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Speed of Play

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 10 players, 5 attackers, 2 defenders in the middle and 3 bumper players * 5 attackers keep the ball in the middle and score a point each time they split the defenders * If the defenders win the ball they get a point by playing it to a bumper player. The attackers must attempt to stop them playing it to the outside. * Bumper players need extra balls to keep the game moving quick, and play it in anytime the ball goes out. 	<ul style="list-style-type: none"> * Pace of passing * Pace of dribble, isolate the defender 1v1 * Movement off the ball, players check in if they don't receive the ball, check back out. * Encourage players to be creative and not stand on the same side of the grid.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 25 x 25 yard grid * 3v3 in the middle with a target player from each team on the outside. * Teams play from one target player to the other, when the target player receives it they switch places with the player that played it to them. * Don't switch places with the player when you drop it back as support. * Target player cannot play to target player and must combine before playing it to the other side. 	<ul style="list-style-type: none"> * Movement off the ball, supporting angles. Timing and distance * Target player to explode into the grid off the dribble or with a quick firm pass. * Encourage players not to clog up the space.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Three teams of six players * 6v6 on the field with six players on the outside with a ball each * Number the players on the outside * Assign a captain for each team * When the ball goes out of bounds or a goal is scored the captain from one team calls out a number and that player on the outside plays the ball in quickly to keep the game moving. * Each captain gets a turn to go through all six numbers before the other team is in control of the game 	<ul style="list-style-type: none"> * Think ahead and think quick * Play with heads up and look for the best options
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 6 V 6 * Normal Soccer Rules * Teams play in a 1-2-1-2 formation 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> = Players = Pass = Run-Move = Goal </div> <div style="width: 45%;"> <ul style="list-style-type: none"> = Dribble = Ball = Cone </div> </div>