**Kentucky Youth Soccer Association**  
*Coach Education Lesson Plan*

**Topic = Technical Fitness Session I**

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<th>FUNDAMENTAL – WARM UP</th>
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| * Set up gates that are 3 yards wide and five yards apart.  
* Servers will be standing with a ball by a cone set up 15 yards away from the gates.  
* Players run through the gates and play a 1-touch pass back to the server who has played a ball on the ground.  
* The player must then turn, run back through the gate and go to the next gate and repeat the technical movement.  
* When a player reaches the last gate they must sprint back to the first gate and start again, for a set time. | * Encourage sharp movements through the gates  
* Good serves from the server  
* Good sprint way they get to the last gate back to the start  
* Focus on quality Technique | Variations: side volleys, 2 touches, headers, chest/thigh reception, different cone distances |

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| * Set up cones in a zigzag shape diagonally 10 yards apart.  
* Have a player with a ball at each cone. The rest of the players should be in line at the starting cone.  
* Each moves in a zigzag motion to each cone and plays a one-time pass back to the server  
* The players change direction quickly after passing the ball back  
* When a player gets to the last cone THEY must sprint back to the start and being the activity again. | * Encourage sharp movements through the gates  
* Good serves from the server  
* Good sprint way they get to the last gate back to the start  
* Focus on quality Technique | Variations: side volleys, 2 touches, headers, chest/thigh reception, different cone distances |

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| * In Grid A teams play 4v4 and score by passing a ball through a gate to a team-mate  
* If the ball goes out of the grid the coach plays a new ball in.  
* The player that gets the ball first has possession  
* Teams Play for 3 minutes  
* In Grid B players dribble with a ball  
* After 3 minutes which ever team won stays in Grid A and the team from Grid B switches with the losing team.  
* If it is a tie, which scored the last goal wins | * Progress so that teams can either dribble or pass through the gates to score. | |

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| * 6 V 6 including Goalkeepers  
* Players must be past mid-field for a goal to be scored. | | |

**COOL DOWN**

Players throw, roll and catch the ball in pairs. Stretch

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