### Kentucky Youth Soccer Association

**Coach Education Lesson Plan**

**Coach:** Adrian Parrish

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**Topic = Transition to Attack**

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| * Three teams of 3 or 4 players  
* Two teams work together to keep the ball away from the other team  
* If the one team wins possession or forces a mistake they join the attacking team.  
* The team that lost it then becomes the defensive team  
* The defensive team does not switch roles until they have secured possession amongst themselves or with the other team. | * Defensively stay compact, don’t chase  
* Secure the ball when possession is gained  
* Move into space quickly | Guided Discovery  
What signals can you recognize that allows you or your team mates to go and win the ball? |

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**MATCH RELATED ACTIVITY**

- * Keep the group in teams of 3 or 4  
- * Field is set up with one big goal and two counter goals  
- * The attacking team dribbles towards the big goal.  
- * The defending team stays behind the confrontation line  
- * If they win the ball they break quickly to score on either counter team, the attacking team can back track to defend  
- * If they get scored against they remain as the defenders and the other team attacks, if they do win it and score again the switch roles with the team waiting to attack.  

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**MATCH RELATED ACTIVITY**

- * 6 v 6 game, only coach one team  
- * Teams start in their own halves  
- * When the team is not in possession they should have every player back in their own half.  
- * If they do not have all players back and they get scored upon it counts as double.  

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**MATCH**

- * 6V6 including GK’s or whatever numbers work out for group  
- * Normal Soccer Rules  
- * Little to NO coaching  

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**Guided Discovery Question**

If you see space in front of you what should you do?

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**Guided Discovery Question**

What could happen if you over commit upon winning possession?

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**COOL DOWN**

Players pass and move in pairs. Stretch

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Website: [www.kysoccer.net](http://www.kysoccer.net)  
Telephone: 859-268-1254 ext 14  
Email: adrianparrish@kysoccer.net

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