# Kentucky Youth Soccer Association
## Coach Education Lesson Plan

**Topic:** Recognizing when to Pass and when to Dribble  
**Coach:** Adrian Parrish

### Fundamental – Warm Up

<table>
<thead>
<tr>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
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</thead>
</table>
| * Groups of 3 with 1 neutral player  
* The players pass and move the ball around the area  
* They must use the neutral player who has two touch only  
* Progress to after the player receives the pass from the neutral player they must explode with a five yard dribble  
* Stretch | * Surface of foot to pass the ball  
* Weight of pass  
* First touch leads you into your next pass  
* If in a tight area when dribbling keep the ball close  
* If you have space when dribbling knock the ball in front of you so you can explode |

### Match Related Activity

<table>
<thead>
<tr>
<th>ACTION</th>
<th>KEY COACHING POINTS</th>
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</table>
| * 3 v 3 with a neutral  
* The neutral player plays for both teams, and has a two touch limit  
* The players score by dribbling over their opponents end line  
* Progress to all players having a two touch limit | * Team Shape  
* Body position  
* Patience, don’t force the play  
* Try to create 1 v 1 situations |

### Match Condition Activity

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| * 5 V 5 (Defensive team has a 6K)  
* The attacking team attempts to score in the big goal  
* The defensive team can score in the two small counter goals  
* Play with a high restraining line, so space can be exploited behind the defenders | * Team Shape, wide and long  
* Encourage dribbling past the restraining line, especially if in 1 v 1 situations  
* Communication |

### Cool Down

Players pass and move in pairs. Stretch