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

**Topic = Winning Possession of the Ball**  
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| * Every player has a ball and dribbles in a 20 x 18 grid  
  * Coach calls out change, players put a foot on their ball and go and gain possession of another players ball. Upon retrieving a new ball, encourage a change of speed  
  * Proceed for 2-3 minutes  
  * Coach then starts taking balls out  
  * Player s that don’t have a ball are not out but will keep running around and try to get one when the coach calls out | * Moving around with head up  
  * Get to the ball quickly  
  * Touch into space to accelerate away |

**MATCH RELATED ACTIVITY**

| * Pick two defenders, who start without a ball  
  * Every other player has a ball and dribbles in a 22 x 18 yard (Size of grid varies on number & age of players)  
  * The defenders enter the grid and try to win possession of a ball. Upon winning it they have to try and dribble it back to the coach  
  * The player that lost possession can try to win it back  
  * If the ball gets to the coach, the player that lost it becomes a defender | * Desire to win the ball  
  * Step across the dribbler as they take a touch  
  * Place foot or body in between ball and dribbler  
  * Accelerate away upon winning possession |

**MATCH RELATED ACTIVITY**

| * 1 v1 to small goals (progress to 2 v2)  
  * Teams of 4 with two players from each team placed next to the goal  
  * Coach passes a ball into one side for a player to receive and dribble the ball out. * One player from the other side comes out to try and win the ball. * Play until a goal has been scored all the ball goes out of bounds | * Immediate Chase, go to the ball. Younger players will want to go directly to the goal  
  * Force players away from the goal  
  * Upon winning possession accelerate away to penetrate |

**MATCH**

| * 5 V 5  
  * Normal Soccer Rules  
  * Little to NO coaching, play the game with no restrictions | ![Diagram of 5 v 5 Game] |

**COOL DOWN**

Players pass and move in pairs. Stretch

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