



Kentucky Youth Soccer Association Coach Education Lesson Plan



Lesson Plan: Attitude to Shoot

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 1v1 to goals * Coach plays a ball in , teams attack their opposite end * Once the ball is out of play a new ball is fed in to two new players * First team to score ten wins * Teams should rotate sides 	<ul style="list-style-type: none"> * Be first to the ball * Take the opportunity early * Get body and foot around the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Two equal teams with 4 or 5 players * Players number themselves 1-5 * Coach plays a ball in and calls out a number * The players with that number come out to play 1v1 * The other players act as Goal-Keepers * Game continues until a goal is scored or the ball goes out of bounds. If, GK's save the game continues * To avoid accidents play the ball slightly to one side 	<ul style="list-style-type: none"> * All of the above * Take the opportunities early * Surface of foot used to take the shot * Head and Shoulders over the ball <p>Progression:</p> <ul style="list-style-type: none"> * Call out 2 numbers at the same time
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play 2v2 in a plenty area * Target Players are placed around the outside with a ball each * The attacking player goes to receive the pass * They either turn to shot or play combinations with their team-mate * Once the shot has been taken they go and receive a pass from another target player * Rotate players around after 90 seconds or after all the target players have passed their ball in. 	<ul style="list-style-type: none"> * Check Runs * Awareness of where the defender is * Turning towards the goal * Second attacker follows the shot in for re-bounds
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Encourage forwards to stay as deep as possible * Keep field wide and long 	<p style="text-align: center;">LEGEND</p> <div style="display: flex; justify-content: space-between;"> <div style="text-align: left;"> <p>☺ ☹ = Players</p> <p>➤ = Dribble</p> <p>→ = Movement</p> <p>→ = Pass</p> <p>⊘ = Goal</p> </div> <div style="text-align: left;"> <p>→ = Shot</p> <p>○ = Ball</p> </div> </div>
<p>COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area,</p>	