



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Possession with a Purpose

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 5 v 2 in a 15 x 10 yard grid * The 5 players must make 5 or more passes to score a point * If the two defenders win possession they try to keep possession * If the ball goes out it always starts with the 5 attackers * Change roles every 3-5 minutes 	<ul style="list-style-type: none"> * Pace of pass * Disguise the pass * Engage the defenders * First touch away from pressure * Supporting angles and runs * Recognizing cues, when to pass or when to dribble
<p>SMALL SIDED GAME ACTIVITY</p>	<ul style="list-style-type: none"> * Place two 15 x 10 yard grids side by side * Start with 5 v 2 in one half * After 5 consecutive passes the attacking team can either dribble or play a ball into the other half for the whole team to move over and play 5 v 2 over there * Defenders stay in the half but move out of the grid * If a defender wins it they switch out with the player who made the mistake 	<ul style="list-style-type: none"> * Patience don't force the play * Keep good supporting angles and distance * Decision making on through ball
<p>EXPANDED SMALL SIDED GAME ACTIVITY</p>	<ul style="list-style-type: none"> * 5 v 5 with a target for each team * Three goals at each end with a target player in the middle goal * Teams can score one point by playing it in to a side goal * If teams play through the center goal the target player needs to rebound it back into play for a teammate to receive it and dribble through the goal. * Goals scored in the middle count double 	<ul style="list-style-type: none"> * When options are on to go forward, go with speed * Movement to create space in and around the attacking third
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 7 V 7 including GK's * One team plays in a 3-2-1 * One team plays in a 2-3-1 * Normal Soccer Rules * Use half of a regular 11 a-side regulation field 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> <li style="width: 50%;"> <ul style="list-style-type: none"> ● ● = Players ● = Goalkeepers -----> = Pass -----> = Run = Goal Net <li style="width: 50%;"> <ul style="list-style-type: none"> ▲ = Cone = Colored Vest = Dribble ○ = Ball
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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