



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Recognizing when to Pass and when to Dribble

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of 3 with 1 neutral player</li> <li>* The players pass and move the ball around the area</li> <li>* They must use the neutral player who has two touch only</li> <li>* Progress to after the player receives the pass from the neutral player they must explode with a five yard dribble</li> <li>* Stretch</li> </ul>	<ul style="list-style-type: none"> <li>* Surface of foot to pass the ball</li> <li>* Weight of pass</li> <li>* First touch leads you into your next pass</li> <li>* If in a tight area when dribbling keep the ball close</li> <li>* If you have space when dribbling knock the ball in front of you so you can explode</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 3 v 3 with a neutral</li> <li>* The neutral player plays for both teams, and has a two touch limit</li> <li>* The players score by dribbling over their opponents end line</li> <li>* Progress to all players having a two touch limit</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape</li> <li>* Body position</li> <li>* Patience, don't force the play</li> <li>* Try to create 1 v 1 situations</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 5 V 5 (Defensive team has a GK)</li> <li>* The attacking team attempts to score in the big goal</li> <li>* The defensive team can score in the two small counter goals</li> <li>* Play with a high restraining line, so space can be exploited behind the defenders</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape, wide and long</li> <li>* Encourage dribbling past the restraining line, especially if in 1 v 1 situations</li> <li>* Communication</li> </ul>
<b>MATCH CONDITION ACTIVITY</b> 	<ul style="list-style-type: none"> <li>* 7 V 7 including GK's</li> <li>* Normal Soccer Rules</li> <li>* Use half of a regular 11 a-side regulation field</li> </ul>	<b>KEY TO DIAGRAMS</b> 
<b>COOL DOWN</b>	Players pass and move in pairs. Stretch	

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