



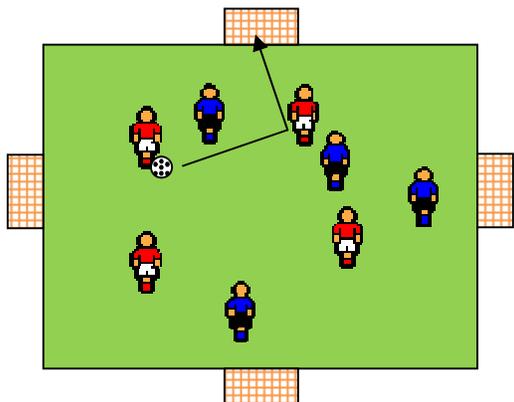
Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Combination Play/ Speed of Play

Coach= Adrian Parrish

Warm-Up

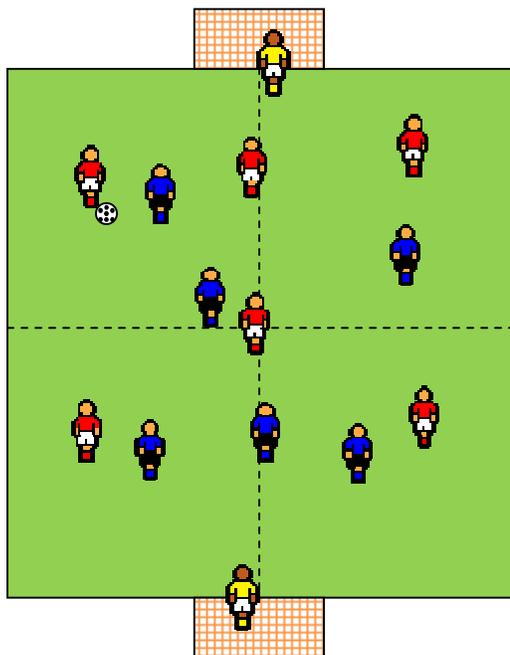


- * 4v4 with 4 goals in a 20 yard x 20 yard grid
- * Teams can score on any of the goals, when a goal is scored the team retains possession but cannot score back on that goal.

Progression

- * Goals close after being scored on (Can add a neutral during this progression to open it up)
- * Attacking team has to make 5 passes before scoring

Small Sided Game Activity



- * 7v7 or 6v6 in four quarters
- * Area is 36 x 30 yards
- * Ball must switch quarter after every third pass
- * Goals can be scored at any time and from any quarter

Coaching Points

- * Try to be positive with the passing
- * Put players in formation of a 3-1-2
- * Movement off the ball to open up passing lanes.

Progression

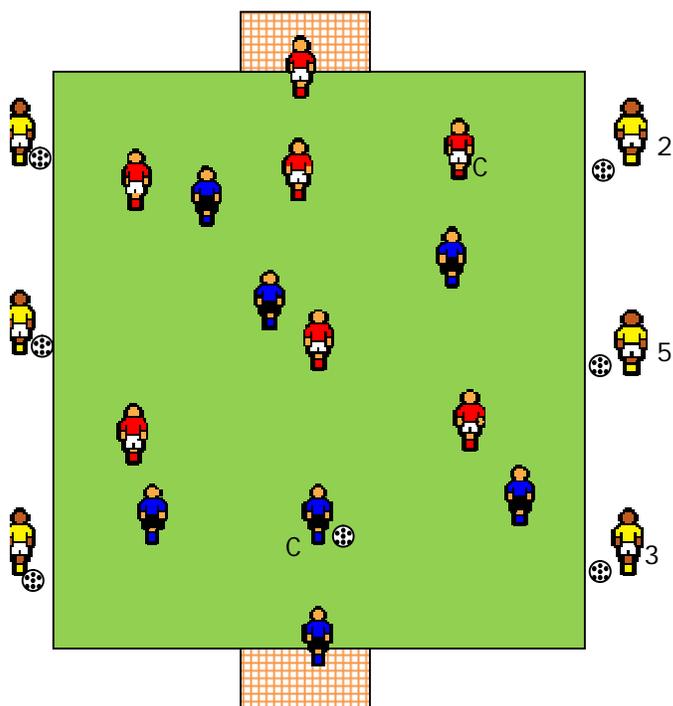
- * After a pass the player needs to move into a different quarter.



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Expanded Small Sided



- * 7v7 , three teams.
- * One team is on the outside with each player assigned a ball and a number
- * The teams in the middle are playing in a 3-1-2 and a captain is assigned.
- * When the balls goes out, throw in shot etc, the captain from which ever team has possession calls out a number and the player on the outside that is assigned that number plays the ball in quickly to keep the game flowing.
- * When all six balls are played back in the teams switch over (winners stay on)

* Finish with 9v9 or 11v11, please be sure to have all players participating as much as possible.