

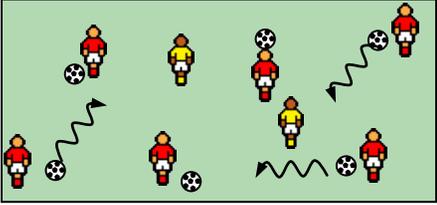
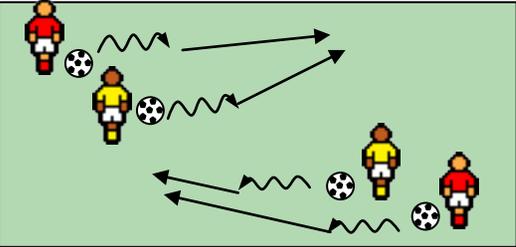
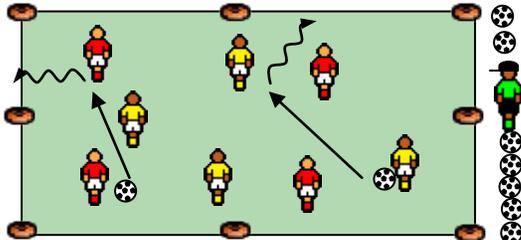
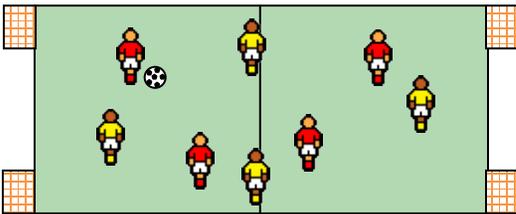


Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Introducing Passing U7-U8

Coach= Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Select two players to be the taggers * Every other player has a soccer ball and dribbles around * If the dribbler gets tagged, they pick the ball up, open up their legs and remain still. * To be unfrozen another player that has not been tagged must pass their ball through the frozen players legs and collect it on the other side. 	<ul style="list-style-type: none"> * Head up while dribbling * Keep the ball under close control * Weight of pass through the legs <p>Guided Discovery Question Which part of your foot can you use to make a controlled pass?</p>
<p>SMALL SIDED GAME</p> 	<ul style="list-style-type: none"> * Players work in pairs, with a ball each * One player leads on a dribble, with the other following slightly behind * When the player at the back shouts pull, the lead player passes the ball out in front . * The following player then passes their ball and attempts to hit the lead players ball. * Switch roles after three attempts. * Players can compete against each other and other pairs 	<ul style="list-style-type: none"> * Dribbling with the head up * Weight of pass * Ankle locked * Watch the moving ball, then put head down over the ball as the pass is being executed
<p>EXPANDED SMALL SIDED GAME</p> 	<ul style="list-style-type: none"> * Two teams of four * The coach plays in two soccer balls * Teams score a point by dribbling the ball over one of the sidelines * Teams score a point each time they dribble a ball over but they score two if the received a pass from a team mate and shout out their name as they dribble over. * The opponents can stop the other team from dribbling over 	<ul style="list-style-type: none"> * Recognition when to dribble and when to pass * Field Awareness <p>Guided Discovery Question When can we dribble the ball and when should we look to pass?</p>
<p>GAME</p> 	<ul style="list-style-type: none"> * Play 4 v 4 with four goals * Let the players play * Keep encouraging a diamond shape and passing * Let them play 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  = Players  = Pass  = Cones  = Goal </div> <div style="text-align: center;">  = Ball  = Coach  = Dribble </div> </div>
<p>COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	

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