



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Positive & Creative Dribbling

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in pairs with one ball, passing back and forth * When you pass the ball you jog backwards * The other player then moves forward to receive the pass * One player is selected as the captain * On the discretion the opt to dribble at the other player * They score a point if the dribble into the end zone * The defender wins a point if they win the ball and dribble into the attacking players end zone 	<ul style="list-style-type: none"> * Weight of pass * Positive first touch * Positive Attitude * Body Fake * Encourage players to express themselves * Exploit the space to the side and behind the defender * Accelerate past the defender
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> * Set 2 yard gates up in the area * Select 3 or 4 Defenders depending on # of players * Ever other player then has a ball dribbling in the area * Players work for 90 seconds * Def enter the area to try an steal a ball from an attacker * An attacker loses the defender by dribbling through a gate * If the attacker loses it they must then try to win another ball 	<ul style="list-style-type: none"> * Keep the ball moving * Engage the defender * Positive Attitude * Body Fake * Encourage players to express themselves * Exploit the space to the side and behind the defender * Accelerate past the defender
MATCH RELATED ACTIVITY	<ul style="list-style-type: none"> * 6 v 6 including GK's * Divide the field into thirds * 1 Goalkeeper, 2 defenders, 1 midfielder and 2 strikers * The only player that can change zones is the midfielder * They can join their attacking team to create a 3 v2 * If they lose possession or a goal is scored they are the only player that can drop back into their midfield third 	<ul style="list-style-type: none"> * Depth from the strikers * Movement off the ball to create space
MATCH CONDITION ACTIVITY	<ul style="list-style-type: none"> * 7 V 7 including GK's * Normal Soccer Rules * Use half of a regular 11 a-side regulation field 	KEY TO DIAGRAMS
COOL DOWN	Players dribble around and static stretch	

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