



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = **Creating and Exploiting Width**

Coach = **Adrian Parrish**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two teams of 4 players with a ball per team * One neutral player * The teams pass and move the ball around the area * When the team pass to the neutral player it is their aim to find somebody in a wide position * Once this person in a wide position explodes in to the wide zone on a 5 yard dribble * Then continue to pass and move 	<ul style="list-style-type: none"> * Get to the ball first * Attempt to turn and face the defender * Keep the ball moving * Positive fakes * Exploit the space to the side and behind the defender
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 5 v 5 with one neutral player * Add two 5 yard wide zones on the side of the grid * Teams have two goals to attack at the end of each zone * Each team keeps possession in the middle section * The team in possession uses the neutral player * The aim is to break a team mate into the wide zone * The nearest defender must take a knee before entering the zone to create a 1 v 1 * Progress to the defender can enter straight away. 	<ul style="list-style-type: none"> * Patience build up do not force the play * Open body up to receive the pass * First touch, read the play * Exploit the space with speed
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 6 v 6 including GK's * Teams attempt to set a team mate free in a wide zone * Only 1 attacker and 1 defender are allowed in the wide area at any one time * If a goal is scored from a cross it equals 3 points * If a goal is scored from regular play it equals 1 point 	<ul style="list-style-type: none"> * Deliver of the cross * Timing of runs * Team staying connected * Communication
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<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 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Ball = Pass = Run = Goal Net = Cross = Dribble
<p>COOL DOWN</p>	<p>Players dribble around and static stretch</p>	

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