



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Finishing/Shooting

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in pairs, one serving the other shooting * Two Keepers are placed in a central goal * Both sides work at the same time * Server plays the ball in for the attacker to take the shot * Encourage the striker to take a touch and then shot * Then progress to shooting first time * Vary the services 	<ul style="list-style-type: none"> * Angle of approach * Place the ball into the corner of the goal * Strike through the ball using the instep * Lock the ankle of the kicking foot * Head and Shoulders over the ball
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Place players in groups of three, 2 attackers & 1 Defender * One player pass the ball to their team mate to take a shot * The Defender from the opposing team runs out to apply pressure * If the defender wins it they score by dribbling over the end line * If the keeper saves it they play it to the defender * If a goal is scored or goes out of bounds, the team on the other side then have a turn 	<ul style="list-style-type: none"> * First touch or pass needs to be out in front of the player taking the shot. * Decision to strike the ball or place it * Strike through it with laces, keeping head and shoulders over the ball * Follow the shot through * Focus on the ball and not the defender
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4 v 4 with a neutral player * Neutral plays for the team in possession and can score * Normal soccer rules * Field size should be 18 yards wide by 30 yards in length * Teams can score three points by scoring in their own half * Two if they score by following up off a rebound * One for a goal scored in the attacking half * Players are not limited to stay in any area 	<ul style="list-style-type: none"> * Team movement to create shooting opportunity * All of the above
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 6 V 6 * Normal Soccer Rules * Little to NO coaching, play the game with no restrictions but encourage the teams to shoot 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Goalkeepers </div> <div style="text-align: center;"> = Players </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;"> = Pass </div> <div style="text-align: center;"> = Ball </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;"> = Run/Player Movement </div> <div style="text-align: center;"> = Goal </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;"> = Shot </div> </div>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players pass and move in pairs. Stretch</p>	

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