

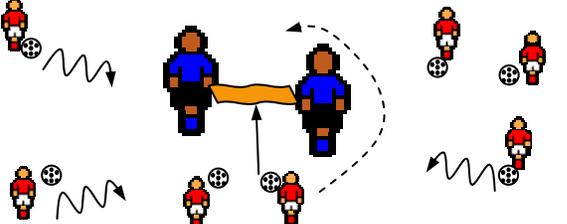
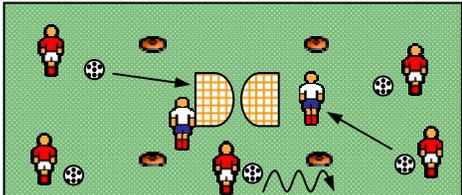
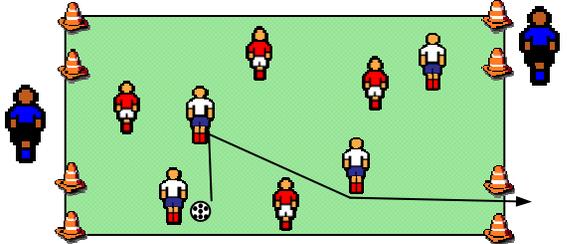
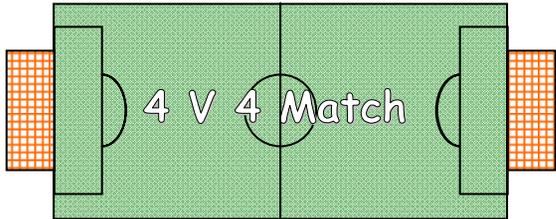


## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Shooting Activities for Young Players

Coach= Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Every player has a ball</li> <li>* Coaches walk around the area with two vests tied together and holding an end each to create a goal</li> <li>* Players try to pass the ball in between the two coaches and below the vest.</li> <li>* When the ball is passed through the player moves around the coaches and collects the ball on the other side</li> </ul>	<ul style="list-style-type: none"> <li>* Encourage players place the ball between the two coaches</li> <li>* Encourage players not to stand in front of the goal but keep the ball moving</li> <li>* Players keep their heads up looking for the goal</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Place two pug goals in the middle of a 5 x 5 yard grid inside your area.</li> <li>* Designate 1 or 2 defenders to go in the grid</li> <li>* Other players dribble around and try to score in one of the pug goals</li> <li>* The players dribbling are not permitted to shoot in the 5 x 5 area.</li> <li>* The defenders need to kick the ball out when the players are attempting to shoot.</li> </ul>	<ul style="list-style-type: none"> <li>* Move the ball to the side to make the defender move out of the goal</li> <li>* Place the ball into the goal</li> <li>* Heads up as dribbling around</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* 4 v 4 with four goals</li> <li>* Teams attack and defend two goals</li> <li>* The coaches stand behind two of the goals</li> <li>* If the coach is standing in one of the goals the team can not score in that goal and must go to the other side</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape</li> <li>* Heads up to see which goal is open</li> </ul>
<p><b>MATCH</b></p> 	<ul style="list-style-type: none"> <li>* 4 V 4 no GK's</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Players</li> <li> = Coaches</li> <li> = Pass/Shot</li> <li> = Goal</li> <li> = Dribble</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> = Ball</li> <li> = Cone</li> <li> = Disc</li> <li> = Pugg Goal</li> </ul> </div> </div>
<p><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	