

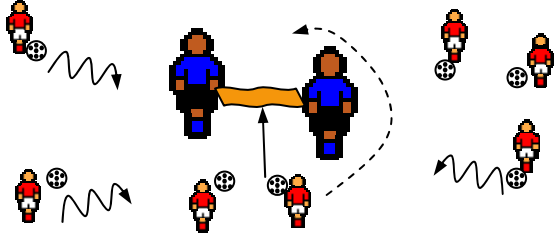
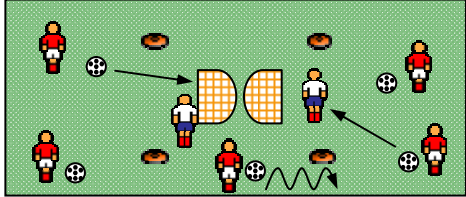
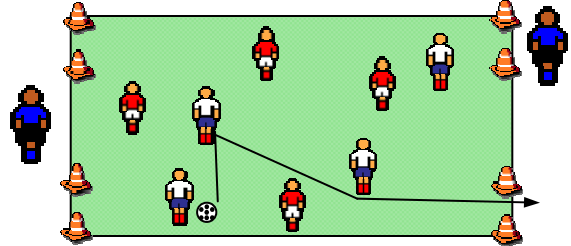
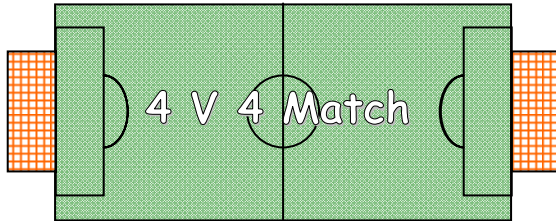











Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Shooting Activities for Young Players

Coach= Adrian Parrish

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