

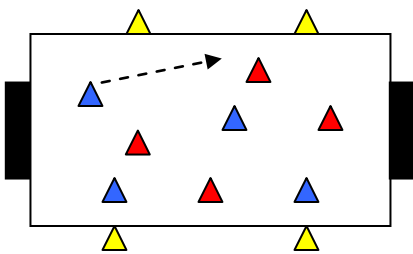
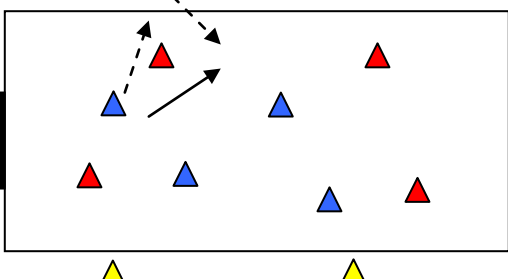
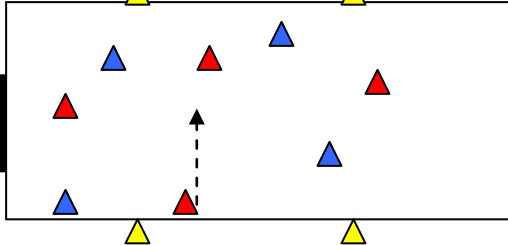
KenTon Soccer Association

Lesson Plan

Topic: Model Training Session

Coach: Dave Kreger

Date: 3-5-09

<p>FUNDAMENTAL - WARM UP 15 min.</p> 	<p style="text-align: center;">ORGANIZATION</p> <ul style="list-style-type: none"> • 30x40 grid with goals at each end • 3 teams of 4 with no gks • Each color in the middle has two balls • Players in the middle can pass to their teammate or play to a player on the outside • Play for 60 seconds and switch • Variations • Play to a player on the outside get it back and shoot on either goal • Complete a wall pass with a teammate and shoot at either goal 	<p style="text-align: center;">KEY COACHING POINTS</p> <p>Receiving</p> <ul style="list-style-type: none"> • Body behind the ball when receiving it. • Angle foot in direction you want ball to go • Receive the ball softly but play into the space <p>Passing</p> <ul style="list-style-type: none"> • Lock ankle of passing foot • Point plant foot in the direction you want the ball to go • Strike ball above the center of ball
<p>MATCH RELATED 15 min.</p> 	<ul style="list-style-type: none"> • 4v4+4 keepaway • Blue vs Red. The yellow players are neutral and can be used to help keep possession. • No Gk's • 2 minute games • Variations • Unlimited touches • Two touch inside • One touch on the outside 	<ul style="list-style-type: none"> • Think quickly • Make quick decisions • Move the ball quickly • Move off of the ball • Pass and move • Support the person with the ball • Pace of your pass •
<p>MATCH RELATED 20 min.</p> 	<p>Continued</p> <ul style="list-style-type: none"> • 5 passes in a row is a point • Complete a wall pass for a point • Complete a wall pass and you can shoot on either goal • One touch shot after wall pass • Each team defends a goal • One touch shot in order to score • Goal must come off a serve from outside players 	<ul style="list-style-type: none"> • Think quickly • Make quick decisions • Move the ball quickly • Move off of the ball • Pass and move • Support the person with the ball • Pace of your pass

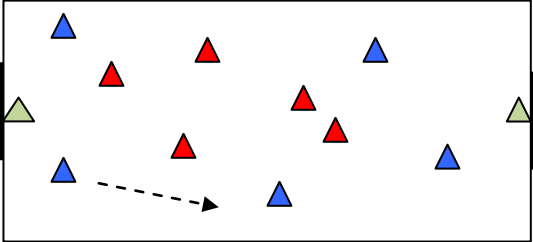
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<p>MATCH CONDITION 20 min.</p> 	<ul style="list-style-type: none"> • 50x30 yd field • 6v6 with keepers • Two touch • Unlimited touches <p>Variation:</p> <ul style="list-style-type: none"> • You could also play two 3v3 games with no gk's for U12 and younger. 	<p>Player movement →</p> <p>-----→</p> <p>Passing of the ball</p>
<p>COOL DOWN Juggling 5 min.</p>		

- Incorporate the ball in all activities.
- No lines, laps, lectures. These are considered the three “Evil L’s” in coaching youth soccer.
- Keep your session short. Your players should leaving practice wanting more. In general, the length of your practice session should be the length of your games.
- Incorporate game like situations. Make most of your activities look like the “real” game.
- Let the players make their own decisions, don’t over-coach!
- Focus on technique not tactics. The better players you create the better they will perform in games. Don’t waste time on throw-ins, free kicks, kick-offs, goal kicks, or corner kicks.
- Make it fun!
- Refer back to our mission statement: The mission of the organization is to promote interest and participation in the game of soccer among youth, to improve soccer skills and knowledge by offering quality coaching to all participants, to improve their physical and mental capabilities, to conduct a fair, equitable, and positive soccer experience.