



**AMHERST SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Session = Building up over the flanks

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>One big Goal, Two Counter Goals, 3 Defenders, 3 Midfielders play against two attackers. Coach plays a long ball over the top for the GK who looks to play the ball out to one of his defenders. The defenders and midfielders have to look to make 4 or 5 passes before passing into one of the two counter goals. If the attackers win it they go to the big goal</p>	<ul style="list-style-type: none"> ? Players start high-up the field ? GK Distribution ? Wide players go out to the flanks ? Central players push up then drop back ? Positive first touch ? Lead your player into their next pass ? Supporting angles ? Move up with the Play
<p align="center">MATCH RELATED ACTIVITY</p>	<p>As above, but now add more attackers to create more pressure on the players playing the ball out</p> <p>Make sure to vary the service of balls into the GK's</p>	<ul style="list-style-type: none"> ? As Above ? Communication ? Opening body up to receive the pass ? Look all around
<p align="center">MATCH RELATED ACTIVITY</p>	<p>Divide the field into thirds, as shown in the diagram Play 6 v 6 on the field There can only be two player from each team in each section at any one time Players can change thirds</p>	<ul style="list-style-type: none"> ? Combination Play ? Keep the field Wide and Long ? All of the above
<p align="center">MATCH CONDITION ACTIVITY</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>7 v 7 Scrimmage</p> </div>	<p>Normal Soccer rules encourage everything else that has gone on throughout the practice.</p> <p>Very little coaching should take place, just allow the players to play</p>	<p align="center">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Goal-Keeper = Coach = Dribble = Pass = Goal = Ball
<p align="center">COOL DOWN</p>	<p>In pairs or three's players throw and move around include stretching</p>	



To contact Adrian Parrish, ASA Director of Coaching you can either:
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