



# AMHERST SOCCER ASSOCIATION: DIRECTOR OF COACHING LESSON PLAN

[www.amherstsoccer.com](http://www.amherstsoccer.com)

<b>FUNDAMENTAL – WARM UP</b>	<b>ORGANIZATION</b>	<b>KEY COACHING POINTS</b>
	<ul style="list-style-type: none"> <li>? 2v2 concentrating on the defensive aspects</li> <li>? 10x10 yard square</li> <li>? Attacking team has to dribble across the defensive line, defenders to win the ball and dribble across the attacking team's line.</li> <li>? One player passes the ball in, the nearest player shuts down the receiving player to become the first defender</li> <li>? Second player provides cover</li> </ul>	<ul style="list-style-type: none"> <li>? Immediate Chase</li> <li>? Delay</li> <li>? Pressure</li> <li>? Cover</li> <li>? Balance</li> <li>? Compactness</li> <li>? Communication</li> </ul>
	<ul style="list-style-type: none"> <li>? Area 40 yards x 25 yards</li> <li>? 6 v 4 coaching the team with 6 players</li> <li>? Defensive team to have a 4-2 formation</li> <li>? 3 goals on the end lines for each team to score into</li> <li>? The team with 4 players always starts with the ball</li> <li>? You can limit the number of touches that the team with 4 players is allowed</li> </ul>	<ul style="list-style-type: none"> <li>? Read the pressure, can we shut down quickly or be patient and invite the pass in?</li> <li>? Force play into where we have numbers up</li> <li>? Team Shape, if one player moves in to win the ball, the team must move as a unit</li> <li>? Communication</li> </ul>
	<ul style="list-style-type: none"> <li>? Preferred area size of 65 yards x 50 yards</li> <li>? 7 v 6 with the team of six having a GK</li> <li>? Coach the team of 7, who's job is to win the ball and score in the large goal</li> <li>? The defensive team have two counter goals to try and score in</li> <li>? The ball starts with a deep attacking player, who plays a long pass through to the Goal-Keeper</li> <li>? The GK plays the ball out to on of his/her own team</li> </ul>	<ul style="list-style-type: none"> <li>? Read the pressure. Sit back versus Push Up</li> <li>? If team is to push up, move in quickly upon the mistake made by the defensive team</li> <li>? Team to move in as a unit</li> <li>? Force play in to where we numbers up</li> <li>? If team is to sit back, team must be patient and force the mistake to happen</li> <li>? Communication</li> </ul>
	<ul style="list-style-type: none"> <li>? 9 v 9 normal soccer rules</li> <li>? Teams to play in 3-3-2 formation</li> <li>? Only Coach 1 team</li> </ul>	<ul style="list-style-type: none"> <li>? Work on all of the coaching points in the above columns</li> <li>? Have the team to find a pressure pocket (weakest point of the defense)</li> <li>? Create a Pincher (person that makes the decision to start the attack to win the ball back)</li> </ul>

"Champions are afraid of losing. Everyone else is afraid of winning"