

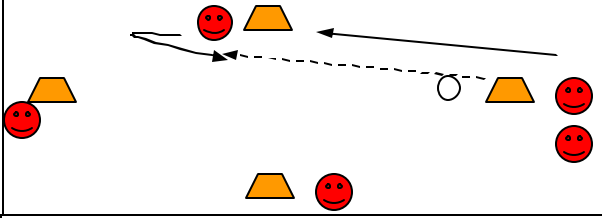
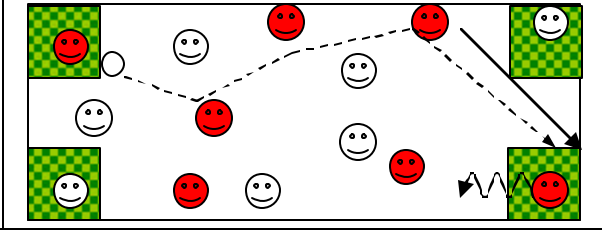
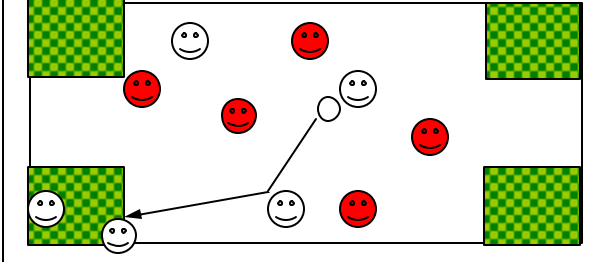
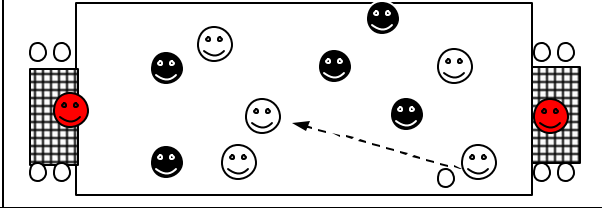


**Amherst Soccer Association
Director of Coaching Lesson Plan**



Session: Build Up Play

Coach: Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Set the Cones up in a Diamond * 2 players at the first cone, one at every other * Receiving Player checks away from the ball * Player passes the ball as the receiving player checks back * Follow the pass * Ball keeps moving around the team 	<ul style="list-style-type: none"> * Check back hard to create the space * Open body up when receiving the pass * Make eye contact with the receiving player * Pass the ball into the correct foot * Communication
<p align="center">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Set four target areas in the corners of the grid * Two Players from each team in opposite areas * The team keeps possession of the ball and play the ball, into a target player then switch roles with them * To score a point they must then go to the opposite side * then can go back to keep possession but it does not count as a point 	<ul style="list-style-type: none"> * All of the above * Patience don't force the play * If the pass is not on go back or switch the play * Check 360 degrees when receiving the pass
<p align="center">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Field is set up as in previous game, you may want to make the target areas slightly bigger * No Target Players * Teams can now go to any target area * Once in an area they must attempt to make 3 consecutive passes to score a point and move onto another area * The team not in possession can attempt to win it back at anytime 	<ul style="list-style-type: none"> * Field Awareness * Patience
<p align="center">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Keep field wide and long 	<p>LEGEND</p> <p>😊 😊 = Players 🟩 = Target Areas</p> <p>➡ = Dribble</p> <p>○ = Ball</p> <p>→ = Run with out the ball</p> <p>- - - - - = Pass</p> <p>🏠 = Goal Net</p>
<p align="center">COOL DOWN</p>	<p>Player's dribble around with a ball then stretch</p>	