



Amherst Soccer Association
Director of Coaching Lesson Plan



Session: Combinations & Finishing

Coach: Adrian Parrish

UNRESTRICTED SPACE- WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Divide the field in to 2 halves * Place 2-4 teams in each half * Players pass and move the ball around in their half * On the GK's the call, one team takes a shot just playing it into the keepers hands before progressing into trying to score 	<ul style="list-style-type: none"> * Quality of passing and movement * First touch * Surface of foot used to take the shot * Attitude to finish
<p>RESTRICTED SPACE</p>	<ul style="list-style-type: none"> * Each team starts by putting 3 players on the field * The coach starts by giving possession to one team * If the attacking team shoots and misses, they are off the field, but the defensive team drops back to their goal to collect a ball and become the attacking team * If they score the defensive team moves off and the attacking team stay's on * If the GK saves the game continues 	<ul style="list-style-type: none"> * Speed of Play * Quality of Runs * Transition * Quality of Shooting
<p>ONE GOAL WITH COUNTER GOALS</p>	<ul style="list-style-type: none"> * 7 attacking players go to the big goal * 5 defenders attempt to win the ball and go to counter goals * First ball is to be played deep * Attacking team scores double if goal come from a combination play 	<ul style="list-style-type: none"> * Movement off the ball * Third Man runs * Shooting * Follow up runs
<p>MATCH CONDITION ACTIVITY</p> <p align="center">5 v 5 Scrimmage</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 3 attacking players and 2 defenders * Keep field wide and long 	<p align="right">Legend</p> <p> = Players = Ball = Pass = Dribble = Shot = Goal </p>
<p>COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet.</p>	