



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



Session: Defending incorporating a GK

Coach: Adrian Parrish

UNRESTRICTED SPACE- WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Knockout with 1 GK (Red Player) * GK can use their hands to win the ball and knock it out * When the player is knocked out they are not out of the game, they simply collect their ball and come back to coach to do 5 juggles before they are allowed back in 	<ul style="list-style-type: none"> * Immediate Chase * Pressure * Jockey the ball, don't dive in * Cover, (players should not be bunching up)
<p align="center">RESTRICTED SPACE</p>	<ul style="list-style-type: none"> * 2v2 with Goalkeepers * One Gk starts with the ball and distributes to their team * The attacking team scores one point if they score * Defensive team score 2 points if they intercept and score * Teams play until ball has gone out of bounds or a goal has been scored, winning team stays on 	<ul style="list-style-type: none"> * As above * Tracking Back * Communication
<p align="center">ONE GOAL WITH COUNTER GOALS</p>	<ul style="list-style-type: none"> * GK's have to defend 3 goals * Both teams have 3 Defenders and 1 Attacker * Team in possession can score in any of the 3 goals * GK starts the play by passing/rolling the ball out to one of his/her defenders. * Scoring system works as in previous game 	<ul style="list-style-type: none"> * Pressure * Cover * Balance * Defensive Team Shape * Be aware of blindside runs
<p align="center">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 attacking players and 2 defenders * Keep field wide and long 	<p>LEGEND</p> <p> = Players = Dribble = Goalkeeper = Ball = Run with out the ball = Pass = Goal Net </p>
<p align="center">COOL DOWN</p>	<p>Player's dribble around with a ball then stretch</p>	