



AMHERST SOCCER ASSOCIATION: DIRECTOR OF COACHING LESSON PLAN

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Players work in pairs</p> <ul style="list-style-type: none"> ? One player passes the ball down one side of the cone to his teammate ? The player receiving the ball should take their first touch, so it moves them to the other side of the cone ? Pass the ball back to team-mate, whom follows the same procedure 	<p>Get in line with the pass</p> <ul style="list-style-type: none"> ? Relax the body on impact of the pass ? First touch into space to the side of the player <p><u>Progression</u> Players have 10 points each time they knock the cone down they lose a point. Use two soccer balls</p>
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> ? Player's work in groups of 3 ? Two players stand on side of the grid, with 1 player opposite. ? The first player play's the ball in, with a defender shutting the player down to place them under pressure ? Player takes a touch to their side and passes the ball into the original server. ? The player follows the passes and applies pressure 	<ul style="list-style-type: none"> ? Get body in line with the pass ? Players should not watch the ball, but gain confidence to play with head up, looking for their teammate. ? When receiving the ball, use fakes to throw the defender off ? Relax the body on contact with the ball ? Weight of pass, standing foot, lock the ankle on the kicking foot
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> ? Arrange two 10 x 10 yard squares ? Have 4 players in each square, numbered 1 to 4 ? Players pass and move the ball around in their own square ? Coach call's out a number. The number that is called out leaves the square picks up the colored jersey and acts as a defender in the other grid ? The defender is in the grid for 60 seconds and scores a point for each time they gain control of the ball or a bad pass is made by the attacking team 	<p>Player with the ball must engage the defender allowing more space for his team-mates</p> <ul style="list-style-type: none"> ? The player receiving the pass must take their first touch into space ? Relax the body ? Ball should never stop moving ? Supporting angles of team mates ? Communication <p>Tip Have spare soccer balls in the corner of each grid</p>
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> ? 4v 4 plus Goal-Keepers ? Divided the field into two halves ? Defenders attempt to play the ball into the strikers in the attacking half ? Once the ball is played in , one of the defenders can move into to support the pass creating a 3v2 ? If possession is lost the defender must drop back into their own half 	<ul style="list-style-type: none"> ? Create space to receive the pass ? Relax the body when receiving the pass ? Focus on the field not the ball ? First touch away from the defender ? Encourage players to play the way they are facing ? Keep the ball moving

"There are two ways of meeting difficulties, you alter the difficulties or you alter yourself to meet them."