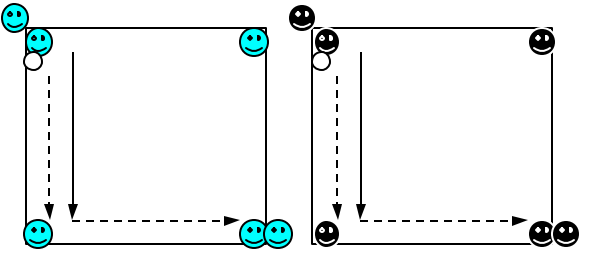
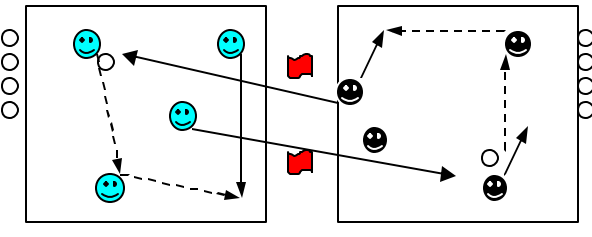
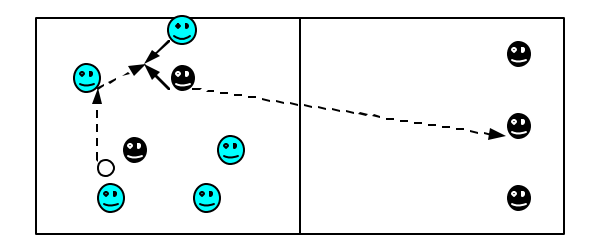
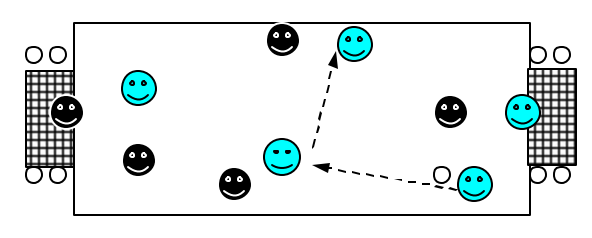



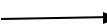
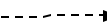



**AMHERST SOCCER ASSOCIATION  
DIRECTOR OF COACHING LESSON PLAN**

Topic: Passing & Receiving

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of 6 in a 12 x 10 area</li> <li>* Ball Starts in corner with two players</li> <li>* Pass to the next corner and follow the pass</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>* Ball is played the other way around the area</li> <li>* Player follows in with speed to put the receiving player under pressure</li> <li>* Groups race against each other</li> <li>* Have two balls moving around the area</li> </ul>	<ul style="list-style-type: none"> <li>* None kicking foot next to the ball, pointing in the direction you want the pass to be played</li> <li>* Hit the ball with the inside of the foot</li> <li>* Strike through the middle of the ball</li> <li>* Head and Shoulders over the ball</li> <li>* Play the ball into the correct side of your team-mate</li> <li>* Receiving player should open up to receive the pass</li> <li>* Lock the ankle when receiving the ball but cushion the pass</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* 3v1 Explosive Squares</li> <li>* In the groups players number themselves 1,2,3 &amp; 4</li> <li>* Players pass and move the ball around the area</li> <li>* When the coach calls out a number that play leaves their square and goes into the opposite one to win the ball back as much as possible.</li> <li>* Defenders win a point each time they win possession or the ball goes out of the area.</li> <li>* Winning team is the team with the least scored against</li> </ul>	<ul style="list-style-type: none"> <li>* All of the above</li> <li>* Weight of the pass</li> <li>* Keep the ball moving</li> <li>* Make Eye Contact with team-mates</li> <li>* Movement after the pass</li> <li>* Get In Line with the ball</li> <li>* First touch away from danger</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Play in a 20 yd x 50 yd area divide into 2 halves</li> <li>* 2 equal teams with one team starting with the ball</li> <li>* The other team sends in two defenders to try and win the ball and play it back to their team mates</li> <li>* If they win it they move back to support and 2 defenders come in, to make a 5 v2</li> <li>* Attacking team wins a point for every 5 consecutive passes they make</li> </ul>	<ul style="list-style-type: none"> <li>* Team Shape, wide and long</li> <li>* Support Play</li> <li>* Communication</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>* Divide the group into two equal teams</li> <li>* 4 v 4 plus a GK</li> <li>* Have extra balls placed around the field to keep the game moving quickly</li> <li>* Emphasize on possession and passing techniques</li> </ul>	<p align="right"><b>LEGEND</b></p> <ul style="list-style-type: none"> <li>  = Players</li> <li> = Ball</li> <li> = Run with out the ball</li> <li> = Pass</li> <li> = Goal Net</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players in pairs pass and move the ball around at a light gentle tempo. Stretch</p>	

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