



AMHERST SOCCER ASSOCIATION: DIRECTOR OF COACHING LESSON PLAN

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ? 7 V 7 Keep Away ? 5 consecutive passes equal a point ? 45 x 25 yd area ? Possession changes hands if ball goes out of bounds or other team wins the ball. ? Implement stretching half way through warm-up ? 	<ul style="list-style-type: none"> ? Check to receive the ball ? Be aware of where to go next (look behind) ? First Touch ? Open up body to view field ? Communication
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> ? Player A and D start with a ball ? Player play' a give and go with player C ? At the same time A passes the ball to B ? C then turns and plays a give and go with B ? At the same time D passes the ball to A ? C turns and plays a give and go with A and the procedure continues 	<ul style="list-style-type: none"> ? The central player to check away, creating space, and then move towards the pass. ? Player must pass the ball in to the furthest foot ? Allow the pass to roll across the body ? First touch leads you to where you want to play the pass <p>Progression Add a passive defender, now central players have to use their body to protect the ball</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> ? 2 Goalkeepers, 4 Defenders, 8 Attackers ? Attackers maintain possession, score 1 point for every 6th consecutive pass ? If Defenders win the ball they can score in either of the 2 goals ? On every re-start the ball is given to the Attackers 	<ul style="list-style-type: none"> ? Team Shape, wide and long ? Checking to receive the ball ? Field Awareness ? Open up body to view the field ? First touch into space ? Communication
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> ? 7 V 7 including GK's ? Normal Soccer Rules ? When a ball gets played back into your own half, it must be switched, before you can enter the attacking half ? If team goes on to score it counts as two points 	<ul style="list-style-type: none"> ? All of the above ? Patience, do not force the play