



Amherst Soccer Association
Director of Coaching Lesson Plan



Session: Winning the ball

Coach: Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Robin Hood * Players are divide into 4 teams and start in a corner of the grid * All the balls are placed in the middle * Players go one at a time form each area to take a ball and dribble back to their corner * When there are no balls left in the middle, teams compete for 60 seconds to take balls from each other 	<ul style="list-style-type: none"> * Speed on being first to the ball * Players can not guard their squares but can win the ball of each other way they are dribbling back. * Stepping across the player to win/keep the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 1 v1 To Goal * Coach plays the ball in, first player to the ball goes to goal. * The second player must then win the ball back and try to score in either of the two counter goals * Play for 60 seconds or until the ball has gone out of bounds * Progress to playing 2 v 2 	<ul style="list-style-type: none"> * Attitude to be first to the ball * Once in possession of the ball, be direct * Get body in between defender and the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the team into two equal teams * Divide the field into three sections as in diagram * Normal soccer rules except the points system works as follow. 3 Points for winning it back in the attacking third and going on to score a goal 2 Points for winning it back in the middle third and going on to score a goal 1 Point for winning it in the defensive third and going on to score a goal 	<ul style="list-style-type: none"> * Invite the pass in * win the ball as high up the field as possible * Immediate pressure, can you even cut out the pass * Second defender providing cover * Communication * Whole team push in to deny space. * Win the ball and be direct
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Keep field wide and long 	<p>LEGEND</p> <ul style="list-style-type: none"> ☺ ☹ = Players ☹ = Goalkeeper ○ = Ball → = Run with out the ball - - - - - = Pass ⊘ = Goal Net ⚡ = Dribble
<p>COOL DOWN</p>	<p>Player's dribble around with a ball then stretch</p>	