

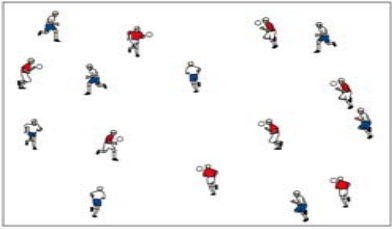
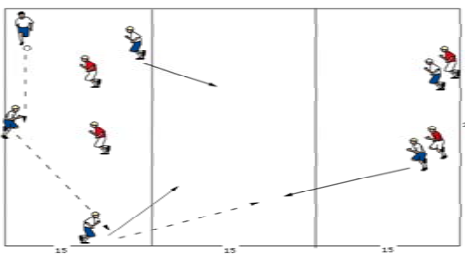
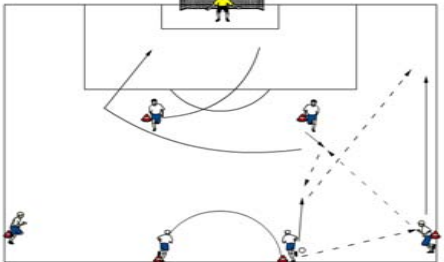
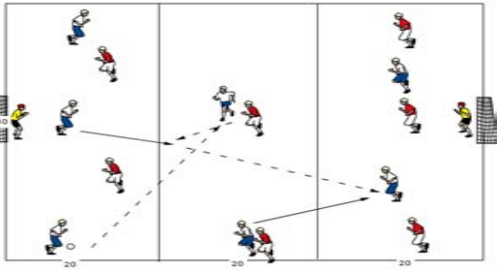


Name: Chris Little

North Carolina Youth Soccer Association Director of Coaching Lesson Plan

Topic: Possession with a Purpose – Middle 1/3 to Final 1/3



<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION Technical Warm Up - ½ players have balls: Serve to players =</p> <ul style="list-style-type: none"> • Head/Head/Catch • Volley/Volley/Catch • Thigh Volley/Thigh Volley/Catch • Chest Volley/Chest Volley/Catch <p>Signals: 1=sprint around cone 2=juggle comp 3=Get on partners back Groups of ???</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> • Fun = transition zone • Focus/concentration • Technical execution
<p>MATCH RELATED ACTIVITY</p> 	<p>4 v 2 to 3 v 1 to 4 v 2 Game - 4 v 2 – after 2 passes play into checking FWD - 2 players join FWD in mid 1/3 = 3 v 1 - 3 v 1 pass into final 1/3 to FWD – support = 4 v 2 Process starts again. - DEF in end zones must stay behind FWD's</p>	<ul style="list-style-type: none"> • Angles/Distance of Support • Decisions on Ball • Angles of check • Speed of Play • Vision – look forward • Visual cues – OPEN TO RECEIVE
<p>MATCH RELATED ACTIVITY</p> 	<p>Pattern Play – Middle to Final Third - 1 touch passing (add defenders when necessary) - Repeat patterns on each side <i>Progressions</i> - Forwards cross over <i>Progressions</i> - Pass goes into second forward-mid-wide <i>Progressions</i> Let players be creative – decide patterns</p>	<ul style="list-style-type: none"> • Weight of pass • Timing of runs • Visual Cues – OPEN TO RECEIVE • FWDS working with each other • SERVICE TO 2nd 6 YARD BOX!
<p>MATCH CONDITIONED GAME</p> 	<p>Game: Playing through the Thirds - 1 DEF can join MID; 1 MID can join FWD <i>Progression = No Restrictions = Play</i></p>	<ul style="list-style-type: none"> • Quality of Movement • Timing • Visual Cues • Rhythm of Play
<p>COOL DOWN</p>		



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