

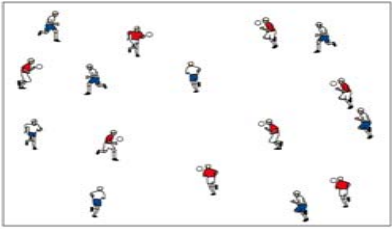
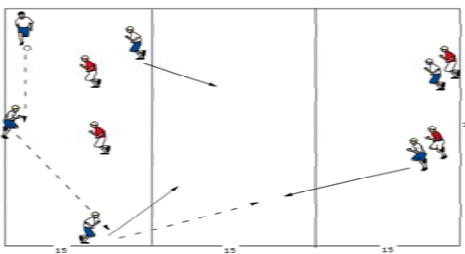
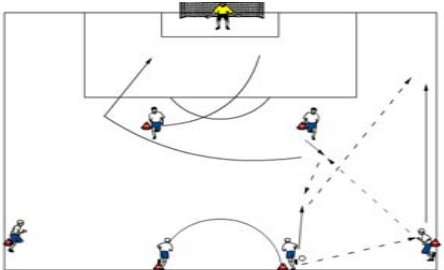
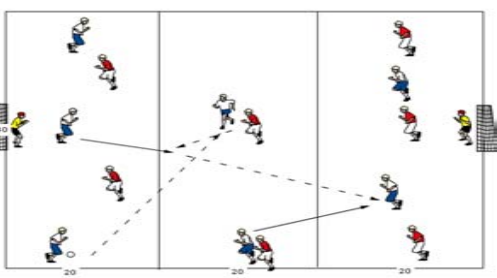


Name: Chris Little

## 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 <b>Technical Warm Up</b> - ½ players have balls: Serve to players =</p> <ul style="list-style-type: none"> <li>• Head/Head/Catch</li> <li>• Volley/Volley/Catch</li> <li>• Thigh Volley/Thigh Volley/Catch</li> <li>• Chest Volley/Chest Volley/Catch</li> </ul> <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"> <li>• Fun = transition zone</li> <li>• Focus/concentration</li> <li>• Technical execution</li> </ul>
<p>MATCH RELATED ACTIVITY</p> 	<p><b>4 v 2 to 3 v 1 to 4 v 2 Game</b> - 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"> <li>• Angles/Distance of Support</li> <li>• Decisions on Ball</li> <li>• Angles of check</li> <li>• Speed of Play</li> <li>• Vision – look forward</li> <li>• Visual cues – OPEN TO RECEIVE</li> </ul>
<p>MATCH RELATED ACTIVITY</p> 	<p><b>Pattern Play – Middle to Final Third</b> - 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"> <li>• Weight of pass</li> <li>• Timing of runs</li> <li>• Visual Cues – OPEN TO RECEIVE</li> <li>• FWDS working with each other</li> <li>• SERVICE TO 2<sup>nd</sup> 6 YARD BOX!</li> </ul>
<p>MATCH CONDITIONED GAME</p> 	<p><b>Game: Playing through the Thirds</b> - 1 DEF can join MID; 1 MID can join FWD  <i>Progression = No Restrictions = Play</i></p>	<ul style="list-style-type: none"> <li>• Quality of Movement</li> <li>• Timing</li> <li>• Visual Cues</li> <li>• Rhythm of Play</li> </ul>
<p>COOL DOWN</p>		



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