



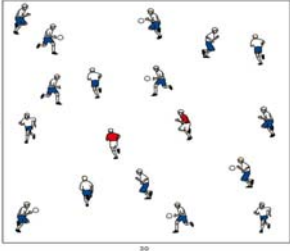

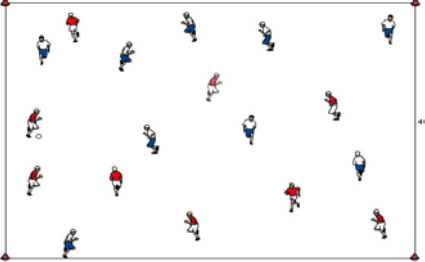
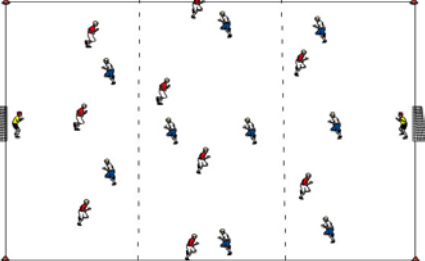
# North Carolina Youth Soccer Association

## Director of Coaching Lesson Plan

Name: Chris Little

Topic: Improving Vision & Decision Making



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|---|--|--|
| <p>FUNDAMENTAL – WARM UP</p>     | <p>ORGANIZATION</p> <p><b>Warm Up – Tag Game</b></p> <ul style="list-style-type: none"> <li>• 2 taggers with pinnie</li> <li>• 6 players with balls in hands</li> </ul> <p>Taggers can only tag a player without a ball. If tagged players takes pinnie and becomes tagger</p> <p>Players can throw and catch balls to help each other</p> <p><i>Progression</i></p> <p>As above but now progress to soccer rules where players cannot use hands</p> | <p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> <li>• FUN!</li> <li>• Movement</li> <li>• Help team-mates</li> <li>• Quality of pass &amp; first touch</li> </ul>  |
| <p>MATCH RELATED ACTIVITY</p>    | <p><b>2 Team (4 Color) Possession Game</b></p> <p>Team One: 5 Whites &amp; 4 Blues<br/>Team Two: 5 Yellows &amp; 4 Oranges</p> <ul style="list-style-type: none"> <li>• Team One v Team Two</li> <li>• A Player from one color on one team cannot pass to a player of the same color</li> </ul> <p>i.e Whites must pass to blues,<br/>**Start with one ball in play then go with two balls**</p> <p><i>Progression</i> - Touch restrictions</p>      | <ul style="list-style-type: none"> <li>• <b>Play the way they are facing (open hips)</b></li> <li>• Awareness</li> <li>• Angles &amp; Distance of Support</li> <li>• Quality of pass (weight)</li> <li>• Being involved in the play (whose hiding?)</li> </ul>                   |
| <p>MATCH RELATED ACTIVITY</p>  | <p><b>“BLACKJACK” – Possession Game</b></p> <p>9 v 9 – Game</p> <ul style="list-style-type: none"> <li>• Team that gets 21 one touch passes wins!</li> <li>• Passes do not have to be consecutive but cumulative</li> <li>• They do not always have to pass one touch – they are just rewarded for doing so! (no touch limit)</li> </ul>   | <ul style="list-style-type: none"> <li>• Decisions on the ball: speed or slow</li> <li>• Awareness</li> <li>• Vision/Ability to read situations (play quickly or change point of attack)</li> <li>• Quality of Passing</li> <li>• Creating a rhythm and tempo to play</li> </ul> |
| <p>MATCH CONDITIONED GAME</p>  | <p><b>Game – 9 v 9 + GK</b></p> <p>Field is divided into thirds<br/>Players are restricted to:</p> <p>3 touch in DEF 1/3<br/>2 touch in MID 1/3<br/>1 touch in ATT 1/3</p> <p><i>Progression</i></p> <p>Remove restrictions and let kids play!</p>   | <ul style="list-style-type: none"> <li>• Speed of Play</li> <li>• Allow the players to play</li> </ul> <p>Encourage players to take risks &amp; praise good ideas and creative solutions</p>   |
| <p>COOL DOWN</p>  |  |  |