



North Carolina Youth Soccer Association Director of Coaching Lesson Plan

Topic: Improving First Touch & Short Passing

Name: Chris Little



FUNDAMENTAL – WARM UP	ORGANIZATION Short Passing Exercise Drill starts with player 1 passing to player 2, who receives the ball, turns and passes to player 3. He/she controls the ball with one touch in the direction of the next channel and passes to player 4. The pattern continues. <u>After each pass the players advance a position.</u> i.e player 1 moves to player 2. When the ball reaches player 5 start another ball. Progression Player 2 passes back one touch to player one who passes to player 3. Player 3 lays the ball back to player 2 with one touch, player 2 passes one touch into space in next channel.	KEY COACHING POINTS • Quality/Weight of the pass • Open body position when receiving • Quality of preparation touch (1st touch) • Focus
MATCH RELATED ACTIVITY	Three Team Possession Game White complete 3 passes then plan accurate pass through/over team in middle to grays. Two players from DEF team in middle are allowed to press when receiving team has had 1st touch! Must try to complete 3 passes then plan to pass to team in furthest end – pattern continues until DEF team wins ball. Team that loses possession becomes the DEF team in middle. Progression Touch restrictions	• Support of Ball (angles/distance) • Quality/weight of passing • Decision making – when to play through pass • Quality of preparation touch (create space) • Communication
MATCH RELATED ACTIVITY	Three Zone Game: Passing Through Midfield 9v9 + GK (adjust accordingly) DEF when in possession must play into MID. After pass 1 DEF can join in MID zone to create a 5 v 4. MID look to connect with FWDS in attacking 1/3. Two MID can enter then attacking zone to create a 4 v 3. The DEF team cannot play outside their designated zone. Progression Touch restrictions in each zone – speed of play	• As Above • Awareness of Space • Decision Making – Safety v Risk • Spacing
MATCH CONDITIONED GAME (Field as above)	9 v 9 Game (no restrictions) REWARD = 2 goals if score from combination play	Allow the players to play and be creative. Praise good ideas and creative solutions – don't punish them if they don't work!



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COOL DOWN		