



Kentucky Youth Soccer Association – Lesson Plan



TOPIC =

COACH =

DATE =

UNRESTRICTED SPACE - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> • • • • • • 	<ul style="list-style-type: none"> • • • • • •
RESTRICTED SPACE		
	<ul style="list-style-type: none"> • • • • • • 	<ul style="list-style-type: none"> • • • • • •
ONE GOAL WITH COUNTER		
	<ul style="list-style-type: none"> • • • • • • 	<ul style="list-style-type: none"> • • • • • •
GAME – TWO GOALS		
	<ul style="list-style-type: none"> • • • • • • 	<ul style="list-style-type: none"> • • • • • •
COOL DOWN		



WWW.KYSOCCER.NET

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