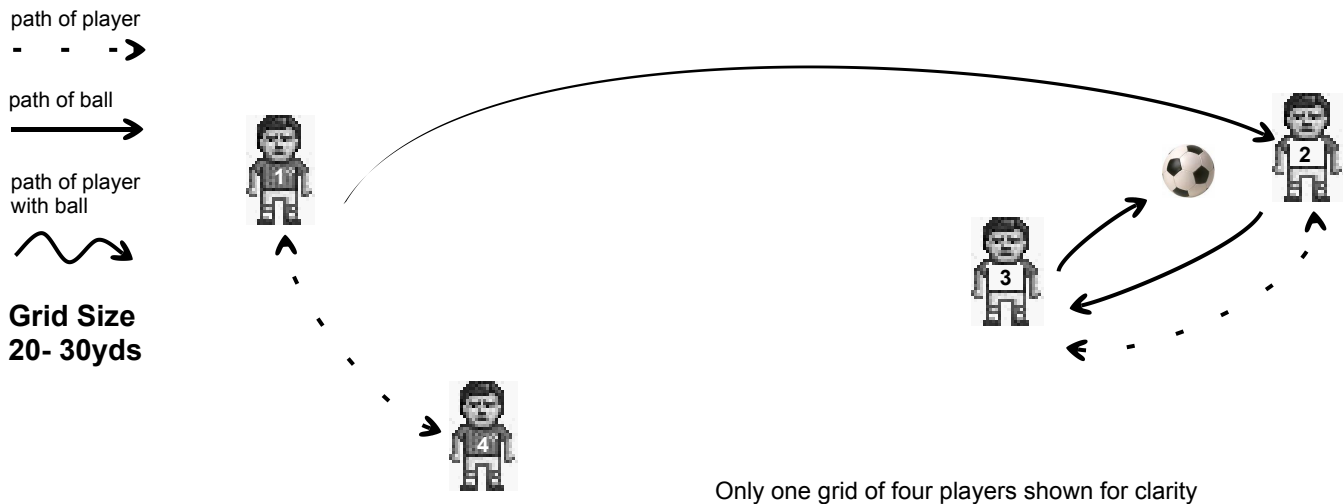


Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?					
Topic	Long Passing	Specific Objective	To improve players ability to make a lofted pass		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction	No. 18	Encourage players to relax and go for good technique before distance.			10 mins
Unopposed technical practice	“Hi Ball”	Make sure you are using the correct size of ball for the age of players and adjust the size of grids to suit. Try to select players of similar ability in each group. Players must continue practice in their own time to make permanent improvement.			
Skills Practice	No. 34 “Knockdown”	This is a fun game that includes many aspects of passing and possession. Teams will succeed if a player or two goes long behind the line of opponent’s cones and they are able to play lofted passes to these target players. Observe whether players can make accurate lofted passes that team-mates have a chance of controlling? Development (i) increases work rate and makes it into a good fitness session, development (iv) adds to the fun			15 mins
Small-Sided Game	Encourage lofted passes by awarding a point for successful examples; 3 points = a goal Make sure the pitch is big enough to facilitate long passing. Discuss with players when to make a lofted pass and when to drive the ball flat which is easier to control				20 mins
Cool Down		Players practice lofted passing in small groups. Static stretches. Review today’s coaching points with Q&A and encourage lots of practice before next session			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

No. 18 “Hi Ball”

- ☐ Long Passing
- ☐ Control - First Touch

U8 ✗
U10 ?
U12 ✓
U14 ✓
U16 ✓



Repetitive practices are essential to building the necessary muscle memory to perform difficult skills. Working in groups of 4 is preferable to slogging away in pairs. This practice allows you to coach long and lofted passing as well as aerial control of the ball. Don't keep players working on one skill for too long, often improvement is best seen when players go and do something else for a while and come back to the practice later.

Organisation

Allow players to choose their partners for this practice - begin with throws if working on aerial control
 Player 1 plays a long lofted pass to player 2 who controls the ball and lays it off to player 3
 Player 1 and 4 swap positions
 Player 3 passes into space for player 2 who makes a long lofted pass to player 4
 Player 2 and 3 swap positions and so on
 Make it competitive - challenge players to be better than their opposite pairing
 After set time better pair move up to next grid and other pair move down

Coaching Points

- ♦ Pass
 - a Long and wide back-lift
 - b Strike bottom half of ball to achieve lift
 - c Hit centre line of ball with instep
 - d Good follow through
 - e Keep head still with eyes focused on ball
 - f Relax *“Don't try to hit it too hard”*
- ♦ Receiving ball
 - a Get in line with ball early
 - b Decide on controlling surface early
 - c Cushion or wedge
 - d VITAL - *“Relax”*
 - e Keep your head steady

Development

- i Adjust distance between players
- ii Must control long pass and lay-off with one touch
- iii Receiving player must call controlling surface while ball is in flight

No. 34 “Knockdown”

- ☐ Conditioned SSG
- ☐ Possession
- ☐ Long Passing
- ☐ Defending

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓

path of player
- - - ->

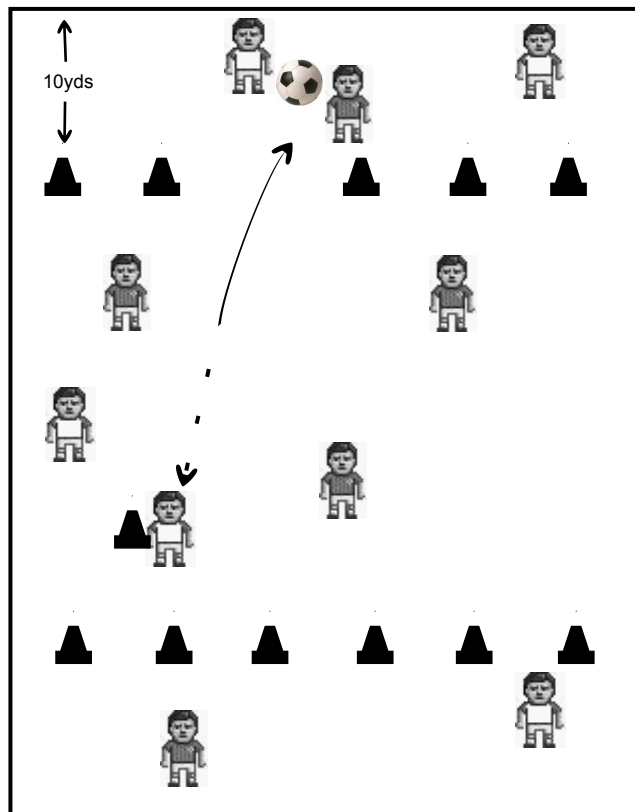
path of ball
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path of player
with ball
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cone

**Grid Size**  
**30x50yds**



As well as all the usual possession skills, this drill teaches the ability to move the ball quickly with long passes to get the ball to the team-mate who is in the best position to attack. It is a very high paced practice that players of all ages tend to enjoy. Encourage them to maintain a good work rate. With older players it is a useful practice to use to improve fitness in pre-season. Use suggested developments to adjust the level of work.

## Organisation

Useful game to improve fitness, play for uninterrupted 20 minute session  
Select evenly matched teams  
Each team will attack one row of cones and attack the other by trying to hit them/knock them over  
The player who knocks it over must pick it up and run back to put it down in own row of cones  
Only 1 cone can be knocked over per shot but the same team can retain possession  
Players can be in front of and behind either row of cones  
Make it competitive - 1st team to win agreed number of cones wins the game or play to time limit

## Coaching Points

- ♦ Create space quickly in attack “*Get long*”
- ♦ Short passing to retain possession
- ♦ Pick out long pass to player in space
- ♦ Run with the ball if in space
- ♦ Don’t hesitate when in position to win a cone
- ♦ Effort to maintain work rate
- ♦ Determination by defender to protect cones
- ♦ Block shots, pressurise near the ball

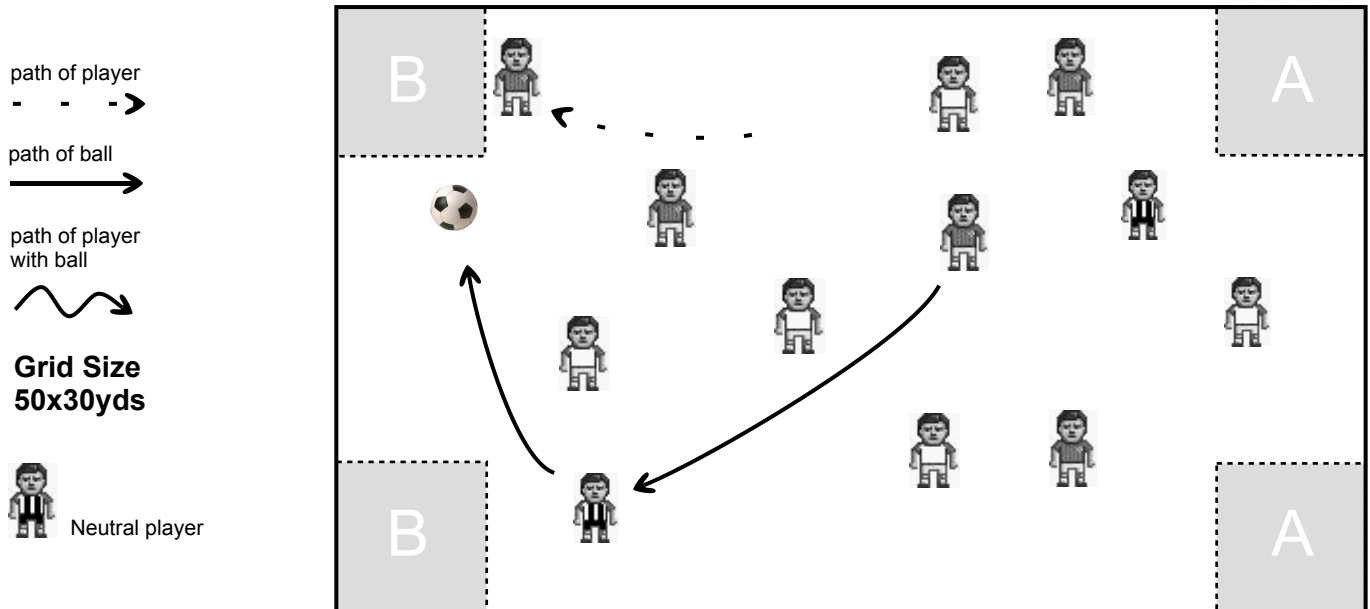
## Development

- i Add half-way line, all players must be over line to claim a cone
- ii Increase the length of the grid
- iii Limit players to fewer touches
- iv If player running with cone can be struck with ball before getting home it must be returned
- v Add neutral player/s who plays with team in possession

## No. 32 “Beckham”

- ☐ Possession
- ☐ Long passing
- ☐ Passing Combinations
- ☐ Vision and Awareness

U8 ✕  
 U10 ✕  
 U12 ?  
 U14 ✓  
 U16 ✓



Young players find it very difficult to pick out important details from the general chaos of movement in a game. An ability to see a run by a team-mate and time the final pass can lead to a match winning goal. This practice will further develop the ability of our players to keep their head up in possession and make intelligent decisions about what to do with the ball. Allow players the time they will need to experiment with this challenge.

## Organisation

Select two evenly matched teams  
 Additional players are neutral and play with the team in possession  
 Each team defends two target boxes and tries to score using the opposite two boxes  
 To score a point a player must receive a pass as they arrive in a target zone - no loitering in target zones  
 Defenders may not enter their own target zones at any time  
 Make it competitive - keep the score and play to agreed score or time limit

## Coaching Points

- ♦ Clever movement off the ball
- ♦ Get in behind defenders
- ♦ Play off back shoulder of defenders - split their vision
- ♦ Support of player on the ball - quick play, one touch
- ♦ Pass selection, play forward when possible
- ♦ Awareness to see runs by forwards
- ♦ Complimentary movement of forward players
- ♦ Quality of final pass - timing and accuracy

## Development

- i Reduce number of neutral players - eventually remove neutral players
- ii Reduce number of permitted touches on the ball