### 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

<table>
<thead>
<tr>
<th>Warm-up</th>
<th>Drill</th>
</tr>
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<tbody>
<tr>
<td><strong>See warm-up resource page</strong></td>
<td></td>
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</tbody>
</table>

**Time**

10 mins

### Introduction

**No. 18 “Hi Ball”**

- **Objective**: Encourage players to relax and go for good technique before distance.
- **Note**: 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.

*Time*: 10 mins

### Skills Practice

**No. 34 “Knockdown”**

- **Objective**: 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.
- **Observation**: Observe whether players can make accurate lofted passes that teammates have a chance of controlling?
- **Development**: (i) increases work rate and makes it into a good fitness session, development (iv) adds to the fun

*Time*: 15 mins

### Small-Sided Game

Encourage lofted passes by awarding a point for successful examples; 3 points = a goal

- **Note**: Make sure the pitch is big enough to facilitate long passing.
- **Note**: Discuss with players when to make a lofted pass and when to drive the ball flat which is easier to control

*Time*: 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*

*Time*: 5 mins

### Review

**On a scale of 1-5 was the session**

<table>
<thead>
<tr>
<th>Safe?</th>
<th>Effective?</th>
<th>Fun?</th>
</tr>
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<tbody>
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**What would you want to change next time?**
No. 18 “Hi Ball”
- Long Passing
- Control - First Touch

Pass
- Long and wide back-lift
- Strike bottom half of ball to achieve lift
- Hit centre line of ball with instep
- Good follow through
- Keep head still with eyes focused on ball
- Relax "Don’t try to hit it too hard"

Receiving ball
- Get in line with ball early
- Decide on controlling surface early
- Cushion or wedge
- VITAL - “Relax”
- Keep your head steady

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

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

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

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.