



Session Theme

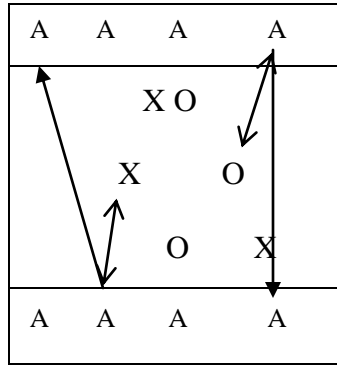
Long Passing and Receiving

Objectives

Improve the quality of the long pass
 Improve ability to receive with multiple surfaces out of the air

Warm-Up:

Dribbling/Footskills
 Passing and Moving: short-short-long with end zones (must be received out of the air)
 Pairs: Driven balls



First-Touch:

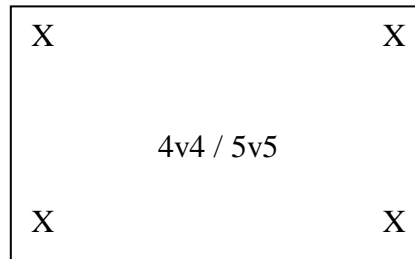
Body Shape and Position
 Select a body-part
 Prepare the surface

Driven Pass:

Head down/eyes on ball
 Non-kicking foot alongside ball (not too close)
 Lean away from ball a little (laterally)
 Use instep
 Drive through ball with short follow through low

Transition Game

Players must play to neutral players in corners and get ball back. Goal is scored when team maintains possession with the neutral players. Neutral players may pass directly to each other.



Check shoulder to turn

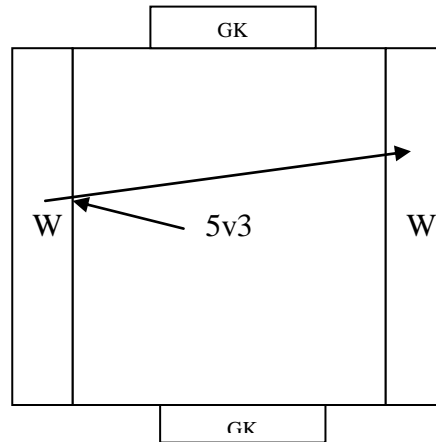
Prepare body part

Positive first-touch, away from pressure

Attack quickly with purpose

5 v 3 (+GK's) possession to Goal

Attackers must use a wide player and a switch from one side to the other before going to goal. GK's always play to attacking team. Defenders can shoot on either goal when winning possession. Defenders can shoot immediately upon winning possession.



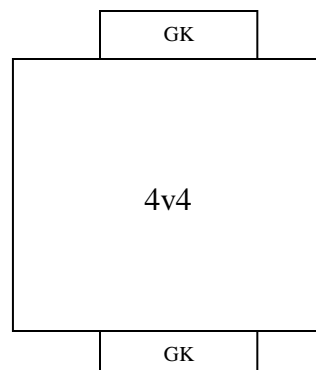
Vision/Awareness

Ability to deliver long pass under pressure

Creativity with how and where to play ball – finding pockets of space, texturing ball etc

Regular Scrimmage/game

Emphasis on quality of passing and movement off the ball to create passing opportunities



All of the Above