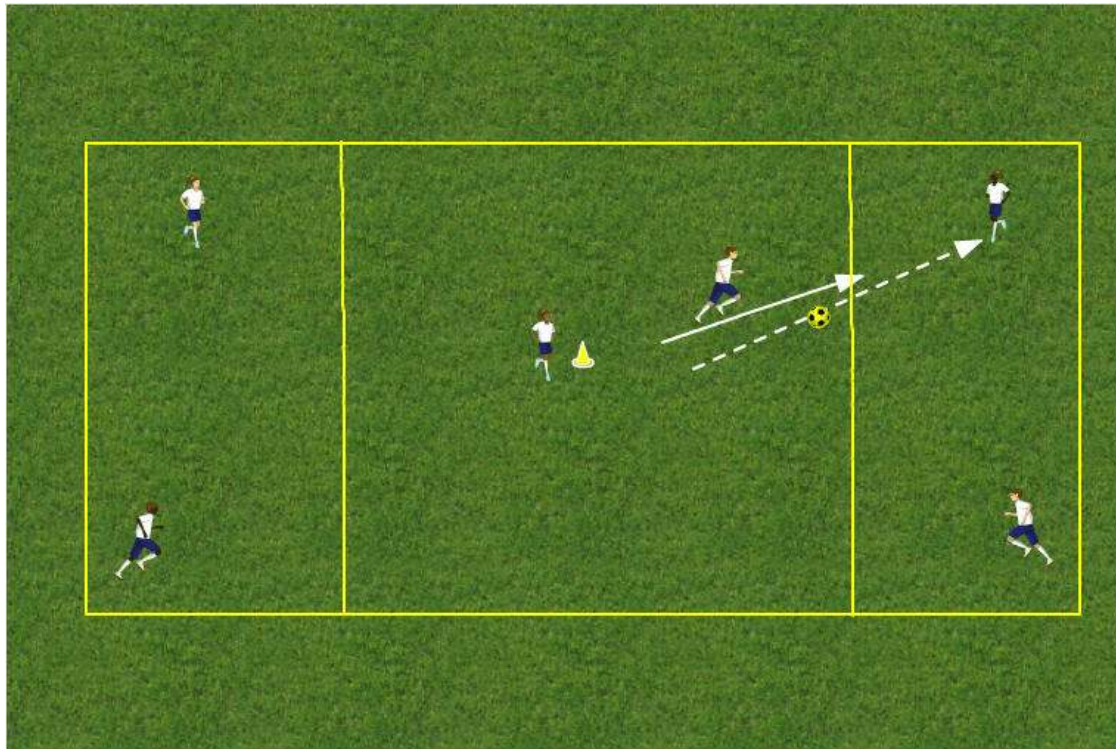


A PRACTICE TO IMPROVE THE TECHNIQUE OF LONG PASSING

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

Mark out an area of 40 x 10 yards, the area can be adjusted to suit the age and ability of the players. There are two 10 x 10 grids at either end of the area, with two players in each grid. Position a cone centrally on the 20 yard line of the area. Position two players on the cone, one with a ball.

To start the practice, the player with the ball passes to one of the players facing them and follows the pass to provide supporting options for the player on the ball.

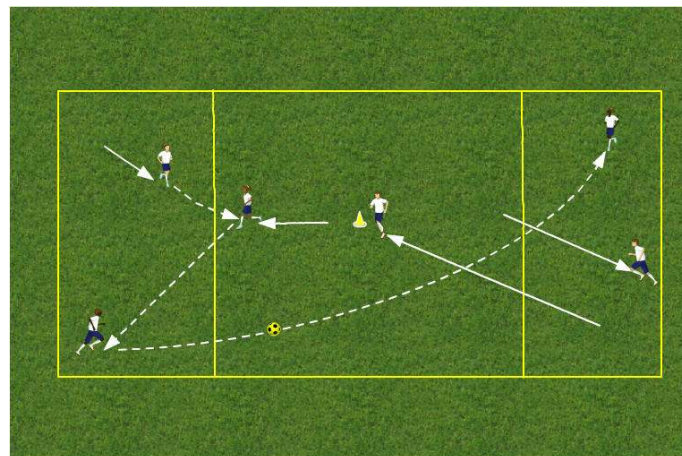
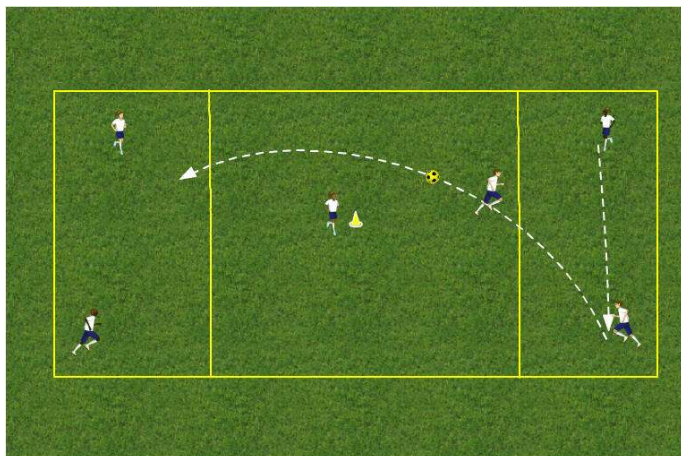
KEY TECHNICAL ASPECTS

Decision on first time long pass, control and long pass or short pass to a supporting team mate
 *Select and execute the correct long passing technique *Movement to get in the line of the long pass and to select the correct control surface *Support and communication *Rotate positions after pass * Movement from players in the opposite end grid to receive the long pass.

Progression # 1 – The player receiving has several options, they can play a first time long pass. They can pass to across to their team mate or pass to the facing supporting player, who can set the ball back to them or their team mate so they can then make a long pass.

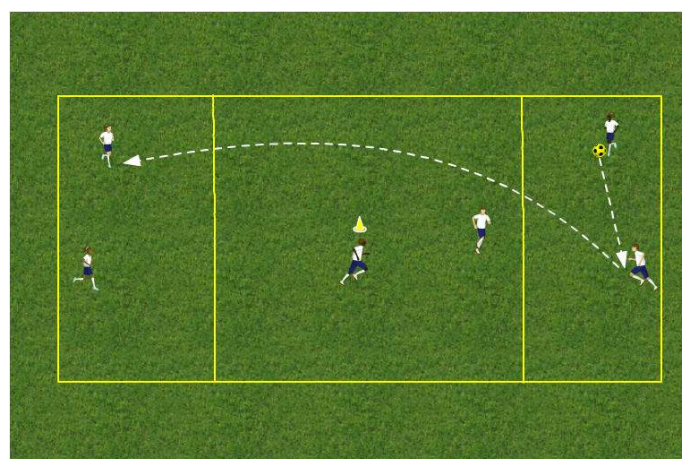
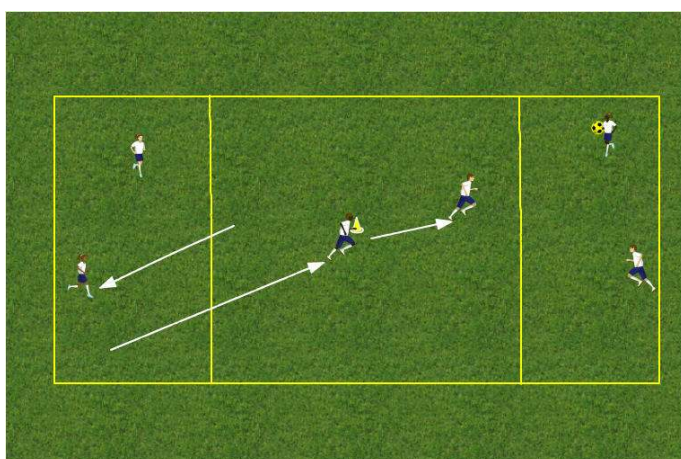
Progression # 2 – The playing passing the ball and the support player now rotate roles. As the ball is travelling, the players in the opposite grid will need to communicate to decide which one of them is going to control the ball. This will also require the player to get in the line of the pass and to select a controlling surface.

The facing support player will also need to provide a good supporting position.



Progression # 3 – The passing player and the support player again swap roles and the player receiving the ball makes a decision on how and where to control the ball. Encourage the players to use both feet and to use a variety of appropriate long passing techniques, long lofted, swerved, driven etc.

Progression # 4 – To add a degree of difficulty to the practice, the opposite support player can move anywhere along the line of the cone and can intercept any passes that come their way. This will force the players to decide and execute an appropriate long passing technique to avoid their pass being intercepted.



PROGRESSIONS

Condition the practice to two touches *Progress the practice to a skill * Encourage the players to set the ball in a variety of ways so that players can make long passes with the ball set back to them, with the ball set across them, with the ball set with pace so they have to control and pass and set for a first time long pass

www.grassrootscoaching.com is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.