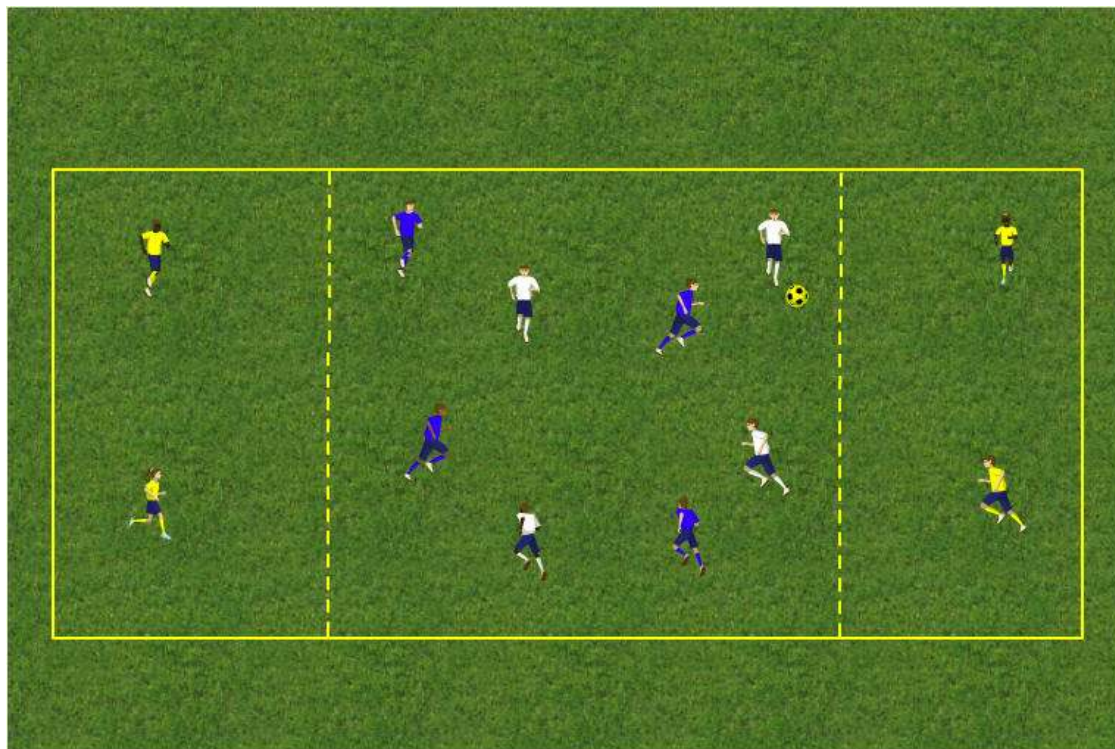


## A GAME TO IMPROVE LONG PASSING

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

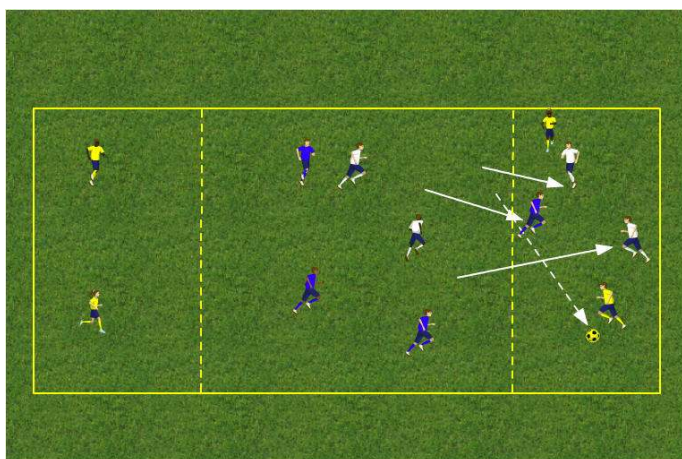
Mark out an area of 45 x 30 yards, there are two 15 x 30 target area at either end of the area. The areas can be adjusted to suit the age and ability of the players.

Play 4 v 4, these players are free and can go anywhere, including the target areas. Position two target players in yellow, in each of the target areas at both ends. The target players are conditioned to stay in the target area and play with the team who have possession of the ball. The target players cannot make a long pass; only provide support for the team in possession. Encourage the players to take every realistic opportunity to make a long pass into the opposite target area, this could include passes from inside their own half of the pitch as well as from one target area to the other. To score a goal, the team in possession should look to create an opportunity to make a long pass into the opposite target area. The game is directional and the team in possession keep the ball, using possession to create a long pass, goal scoring attempt. If possession is lost, then the other team try and keep possession and score in the opposite area to the team who have lost possession

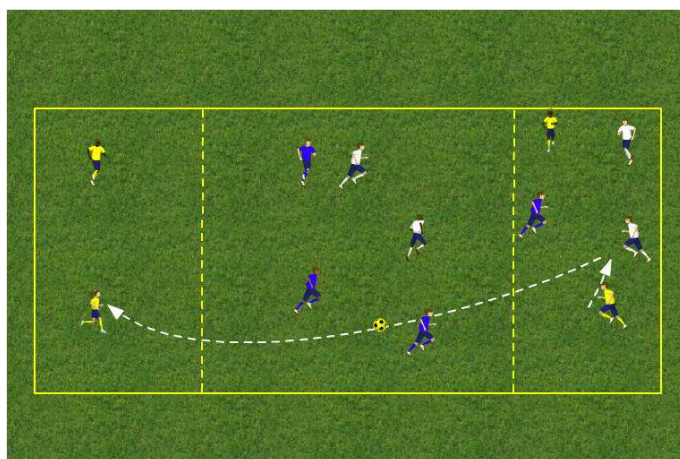
### KEY TECHNICAL ASPECTS

Recognise the impact the defenders have on the decision making process \*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 provide support \*Movement to get in the line of the long pass and to select the correct control surface \*Support and communication

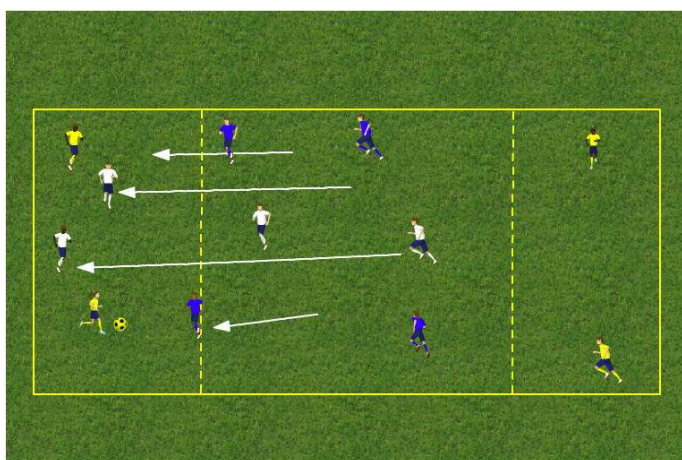
**Progression # 1** – The ball is passed into one of the target areas and the team in possession will provide support to the target players. This will also ensure that the defending team will be pulled into the target area, to make it difficult for the team in possession to make a long pass to the opposite target area.



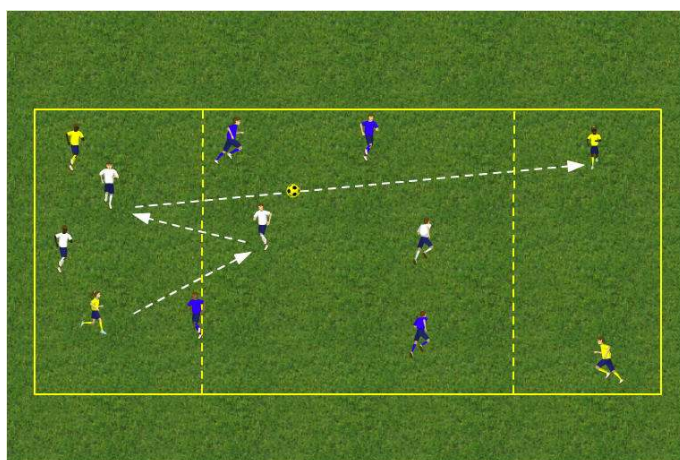
**Progression # 2** – The team in possession, along with the target players, pass and support the ball, until there is an opportunity to make a long pass, either over or through the remaining defending team, to the opposite target area. The target players must be targets and look to move to get in line of the pass and control the ball



**Progression # 3** – The target players will now need support in the target area. By the team in possession supporting the ball and the defending team pressurising, this will provide the players with realistic challenges to create opportunities to make a long pass to the opposite target area.



**Progression # 4** – There will be occasions when the ball is passed out of the target area to a support player, who then passes it back to a team mate in the target area to make a long pass to the opposite target area. There may also be times when the team in possession can't play a long pass and the best option might be to turn away from the support players and run with the ball or pass their way to the opposite target area, before attempting to try a long pass back to the opposite target area.





[www.grassrootscoaching.com](http://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.