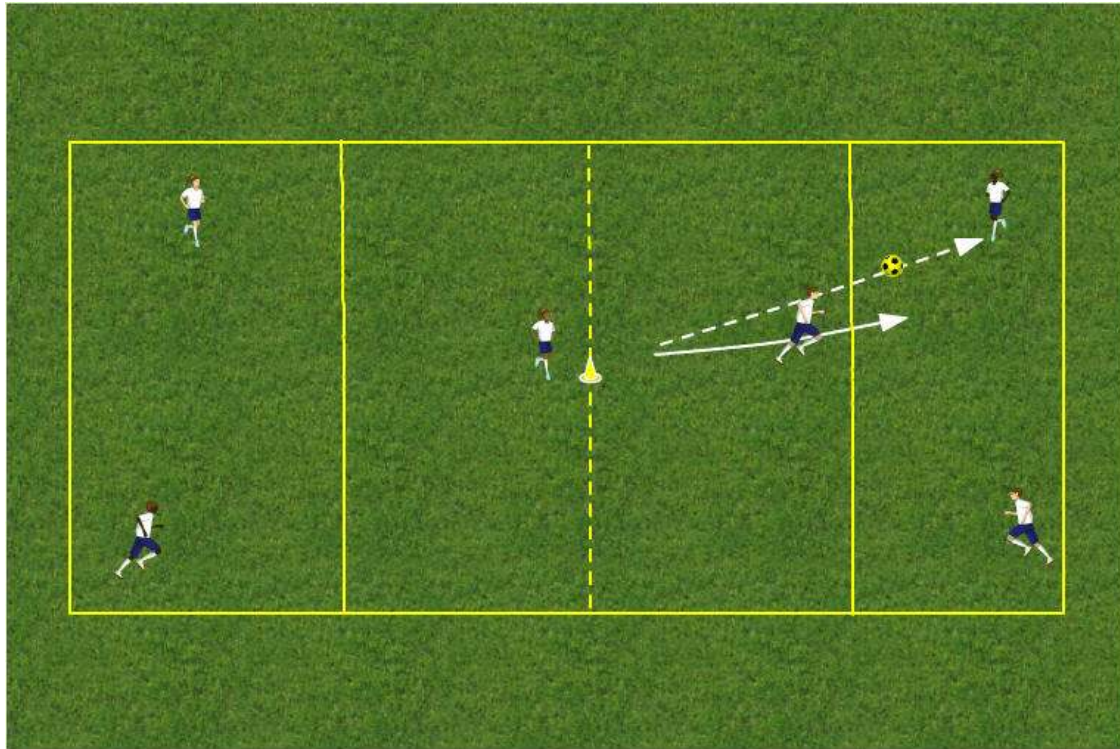


A PRACTICE TO IMPROVE THE SKILL OF LONG PASSING

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 one 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 defend in a 2 v 1 situation

KEY TECHNICAL ASPECTS

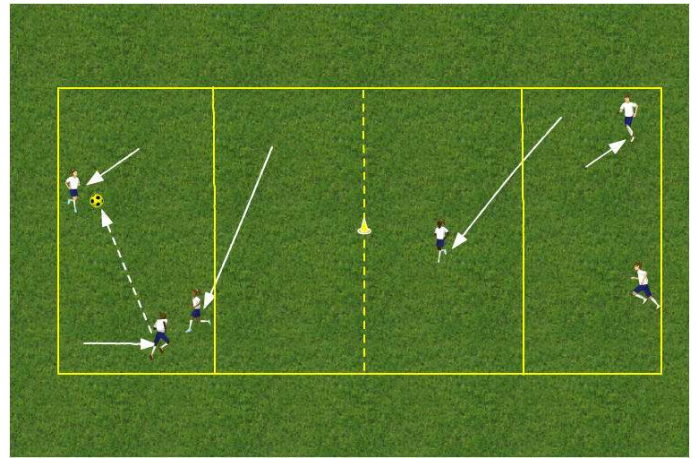
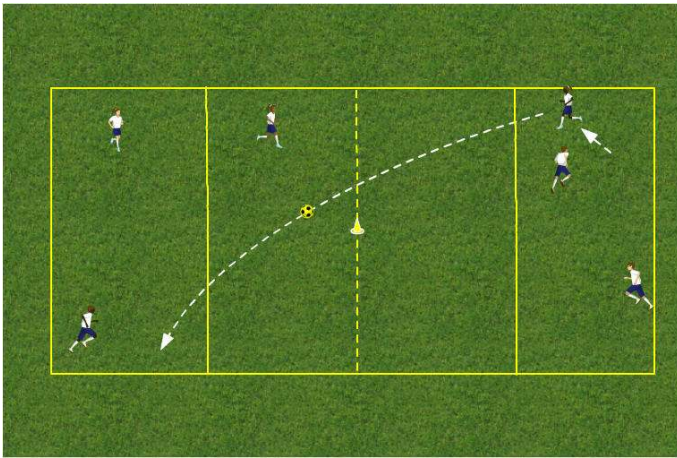
Recognise the impact the defender has on the decision making process *Decision on first time long pass, control and long pass or short pass to a supporting team mate *Select and execute the correct long passing technique *Movement to get in the line of the long pass and to select the correct control surface *Support and communication *Rotate positions

Progression # 1 – The defender pressurises the players and they have to recognise the impact the defender will have on the decisions they make with regards to playing a first time long pass, controlling the ball and playing a long pass or passing to their supporting team mate. Whatever happens, the practice will require movement to support the ball and a decision to either pass, control then make a long pass or to make a first time long pass.

The second defender will also be moving around in their own area to try and intercept the pass.

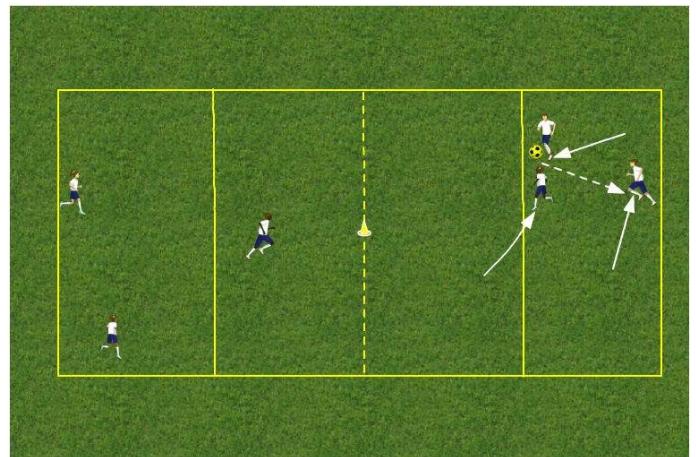
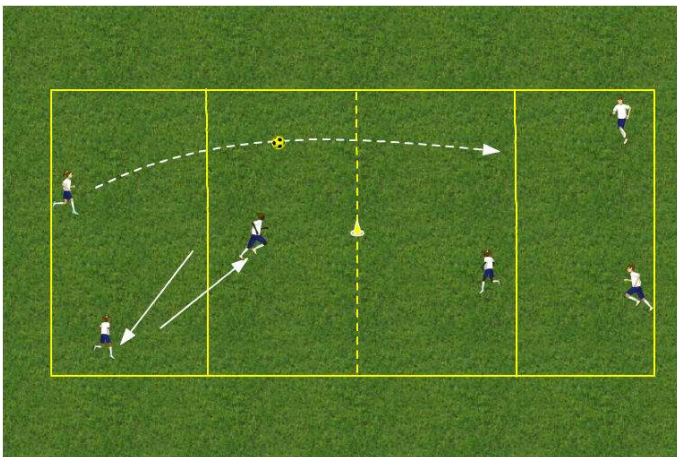
Progression # 2 – The playing passing the ball and the defender now rotate roles. As the ball is travelling, the players in the opposite grid will need to communicate to decide which one of them is going to control the ball. This will also require the player to get in the line of the pass and to select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

The defender in the opposite group can now defend against the two players



Progression # 3 – The player on the ball will need to decide on a first time long pass or to control the ball away from the defender and then make a pass. The position of the second defender will also have an influence on the type, direction, height and speed of the long pass. The passer and the defender once again rotate roles.

Progression # 4 – The players in the opposite grid should also move and communicate to provide targets for the passer to aim for.





PROGRESSIONS

Bring in a second defender and a third attacker to make a 3 v 2 situation *Condition players to two touches *Progress the practice to a game.

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.