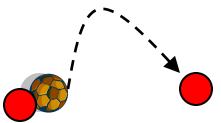
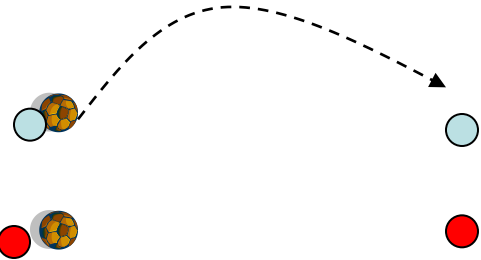
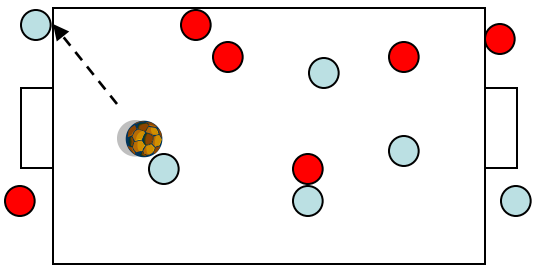
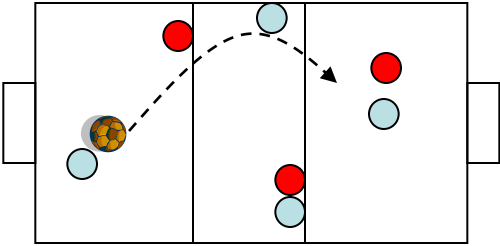




Long distance Passing

	<p style="text-align: center;"><u>Organization</u></p>	<p style="text-align: center;"><u>Coaching Points</u></p>
	<p>In pairs 5 yards apart Players scoop the ball into their partners hands 1. Partner controls ball in the air before catching 2. Progress to larger distance</p> <ul style="list-style-type: none"> • Team gains one point for catching the pass • Team gains 1 point for controlling the pass 	<ul style="list-style-type: none"> •Foot under the ball •Lean back •Weight on the back foot
	<p>Two players 20 yards apart 1 ball-passing</p> <ol style="list-style-type: none"> 1. Chipped Pass – <u>Hit under the ball</u> 2. Curved Pass – <u>hit the side of the ball</u> 3. Driven Pass – <u>hit in the centre of ball</u> <p>Try both feet</p>	<ul style="list-style-type: none"> •Angle of approach •Position Non kicking foot •<u>Striking area of the ball</u> •Follow through •Position of the toe •Head down
	<p>Area 40x20 4v4 with 4 targets Targets restricted to a side of the goal Teams score by getting ball to alternate targets</p> <ol style="list-style-type: none"> 1. Target calls switch and changes with other target 2. Targets have only 1 touch 3. On scoring Targets dribble in and switch 	<ul style="list-style-type: none"> •Awareness of target •Awareness of opponent •Communication •Speed of play •Speed of support
	<p>Final Game 4v4 with GK 40x15 with 10 yard mid zone Ball cannot be dribbled through mid zone Pass ins or restarts Finish with Free play</p>	<ul style="list-style-type: none"> •Team Shape •Awareness of opponents •Awareness of team mates