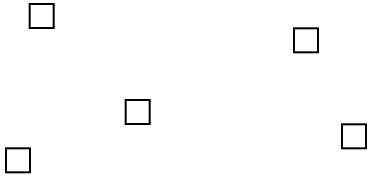
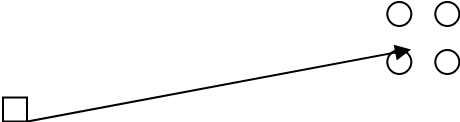
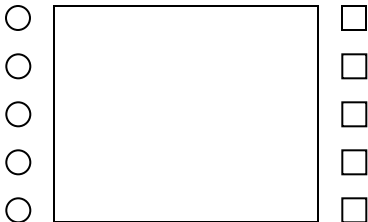
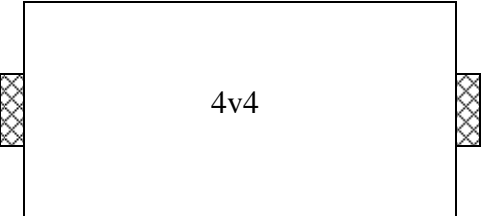




Name: Matt Callahan

Topic: Long passing

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone in a half of the field</li> <li>Half the players need balls, the other half doesn't</li> <li>Players should be moving and passing</li> <li>Players with balls look to pass the ball to the farthest person away that does not have a ball</li> </ul> <p><b>Progressions:</b> Have the players play long balls on the ground, and then in the air.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Approach ball from a slight angle</li> <li>Drive diagonally across the ball</li> <li>Knee and body are over ball at time of contact – contact with instep</li> <li>Plant foot next to ball</li> <li>Follow through low with kicking foot</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Set up a golf course</li> <li>To complete a hole, the players must pass the ball so that it stops in a small square made of cones</li> <li>Whichever player completes the course in the least number of kicks wins</li> </ul>	<ul style="list-style-type: none"> <li>Good technique</li> <li>Proper pace</li> <li>Accuracy of pass</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Have two teams of 4v4 up to 8v8 face each other across a 30-x-30 yard area</li> <li>Everyone starts with a ball and can move along the end line, but not forward or back</li> <li>Everyone starts passing and tries to get their ball behind the line of opponents</li> <li>The team with the least number of balls behind it after 60 seconds wins</li> </ul> <p><b>Progressions:</b> Change the distance between the two lines.</p>	<ul style="list-style-type: none"> <li>Good technique <ul style="list-style-type: none"> <li>Keep ball low</li> </ul> </li> <li>Proper pace</li> <li>Accuracy of pass</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on the players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with long passing technique</li> </ul>