



**SESSION
PLAN**

Session Title U 11 Long Passing

Objectives To Improve Technique & Accuracy of Long Pass

To Develop Distance Of Long Pass

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS																																	
<p>1. Warm Up</p> <p>Players dribble around the area responding to different commands. Individual ball skills, manipulation at and between cones-toe taps, fast feet, ball rolling, drag backs Lots of fun and competition Elite Feet Move: Cryuff</p> <p>2. Technical Practice</p> <p>Group is divided into two and the players pass and move with two balls between six players (or one between three).</p> <p>Progression: Players pass and move and aim to play a ball across to a player on the other side thus keeping four balls between twelve players.</p> <p>Progression 2: Follow pass to the other side</p> <p>Progression 3: Put one/two defenders in the central zone</p> <p>3. Skill Development: 4 v 4 to targets</p> <p>Coach feeds the ball into the central zone. Team of four keeps possession and looks to play the long penetrating pass. Teams score by playing the ball into the Target players who play it back to the coach. Rotate target group.</p> <p>4. Regular Scrimmage</p>	<table border="1" style="margin-bottom: 20px;"> <tr><td>X</td><td>X</td><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td><td>X</td><td>X</td></tr> </table> <table border="1" style="margin-bottom: 20px;"> <tr><td>X</td><td>X</td><td></td><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td><td></td><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td><td></td><td>X</td><td>X</td></tr> </table> <table border="1" style="margin-bottom: 20px;"> <tr><td>T1</td><td>T2</td></tr> <tr><td colspan="2" style="text-align: center;">4 V 4</td></tr> <tr><td>T3</td><td>T4</td></tr> </table>	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X		X	X	X	X		X	X	T1	T2	4 V 4		T3	T4		<p>Give the technical information as and when they need it, not all at once</p> <p>Communication Look up before passing Keep ball moving Importance of first touch to set up for pass</p> <p><u>Long Pass</u></p> <p>Approach ball from angle Strike with laces Follow through the ball Non contact foot alongside ball pointing towards target Strike centre of back of ball</p> <p>Vision Movement to receive pass Timing of pass Communication Direction of 1st touch Direction of short passing to set up the long pass</p> <p><u>Law</u></p> <p>Freekick</p>
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