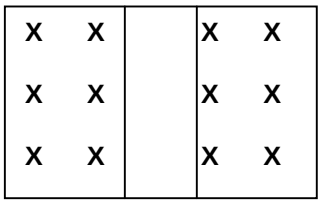
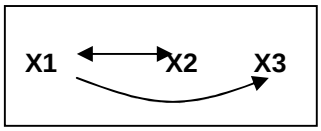
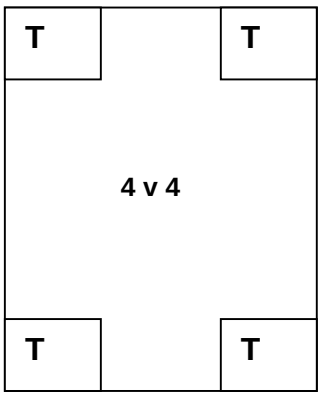
SESSION PLAN

Session Title	**13 +**	**Long Passing**
Objectives	**To Develop The Technique Of The Long Pass**	
	To Decide When To Possess v Penetrate	

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
1. Warm up Group is divided into two and the players pass and move with two balls between six players (or one between three). **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.			Close control Head up Awareness of other players
2. Technical Practice: Long Pass X1 plays a double pass with X2, touches the ball out of the feet and plays a long pass to X3 who repeats the process with X2. X2 should move to the player rather than standing still in the middle. .			Strike with laces and ankle locked. Touch the ball forward and to the side to allow a run up Step into the ball and follow through in the direction of the target Non kicking foot alongside the ball but not too close Point towards target
3. Skill Development Players possess the ball within their team by passing and moving. Teams score by passing the ball to any one of the four neutral, corner players. The ball is then passed back into the same team who **must** attack a different corner. Rotate teams. **Variation**: If there are larger numbers then you can have one player from each team in the corners who cannot challenge each other but play back into their own team. **Progression**: Add direction so O's score by playing to T1 and T2, X's play to T3 and T4.			Awareness of defender Awareness of space Importance of the 1st touch Shape Head up on receiving the ball Look to penetrate early
4. Coached Scrimmage			