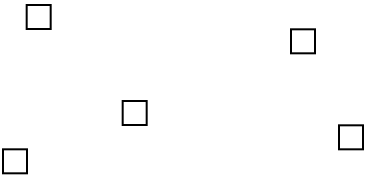
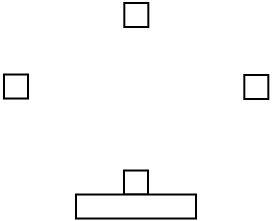
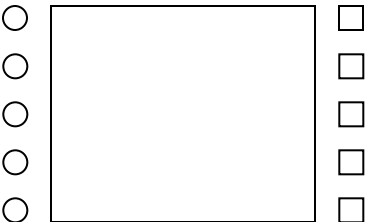





Name: Matt Callahan

Topic: Long passing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Everyone in a half of the field ▪ Half the players need balls, the other half doesn't ▪ Players should be moving and passing ▪ Players with balls look to pass the ball to the farthest person away that does not have a ball <p>Progressions: Have the players play long balls on the ground, and then in the air.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Approach ball from a slight angle ▪ Drive diagonally across the ball ▪ Knee and body are over ball at time of contact – contact with instep ▪ Plant foot next to ball ▪ Follow through low with kicking foot
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Set up a baseball field ▪ Ball is lightly pitched and person at home plays ball as far as possible ▪ A foul ball is an out ▪ Defending team must get ball through undefended goal by home plate before kicker can round all four bases and get home ▪ Switch who is up after three outs 	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper pace ▪ Accuracy of pass
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Have two teams of 4v4 up to 8v8 face each other across a 30-x-30 yard area ▪ Everyone starts with a ball and can move along the end line, but not forward or back ▪ Everyone starts passing and tries to get their ball behind the line of opponents ▪ The team with the least number of balls behind it after 60 seconds wins <p>Progressions: Change the distance between the two lines.</p>	<ul style="list-style-type: none"> ▪ Good technique <ul style="list-style-type: none"> ○ Keep ball low ▪ Proper pace ▪ Accuracy of pass
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on the players 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with long passing technique