

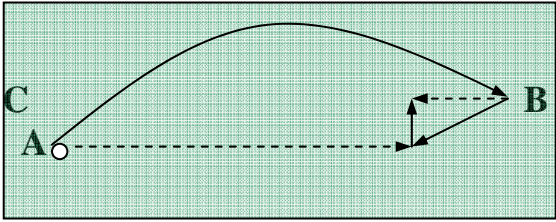
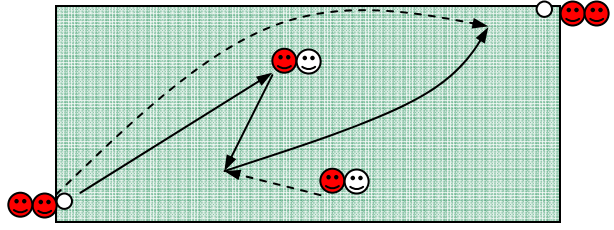
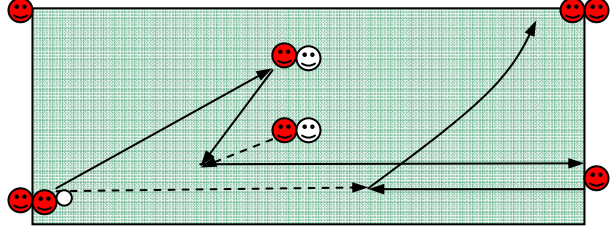
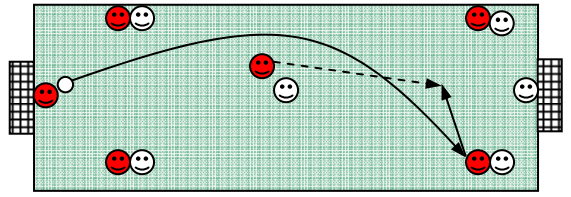









Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Long Passing

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><u>Long Passing</u> Stretch before participating A starts with the ball and plays a lofted pass to B and then follows their pass. B controls the ball and lays the ball back to A, who plays it slightly in front of B, who can then play a long lofted pass to player C and follow the pass. Procedure continues Also work on driven pass</p>	<ul style="list-style-type: none"> Technique of Lofted Pass <ol style="list-style-type: none"> Standing Foot Lock the ankle of kicking foot Toes pointing down, use the laces Strike through the bottom of the ball Follow through the pass Lock the back shoulder First touch out of the body
<p>MATCH RELATED ACTIVITY</p> 	<p><u>Long Passing into a game scenario</u> Divide the team so they will be working with a minimum of 8 players. 2 players in opposite corners, two target players in the middle with two passive defenders. The first pass is driven into the furthest target player, who lays the ball off for their team mate. The player that started the procedure makes a looping run to receive a lofted pass from the second target player</p>	<ul style="list-style-type: none"> Technique of driven and lofted passes Target players need to check away to create space Relax the body on impact of the first touch Timing of Runs
<p>MATCH RELATED ACTIVITY</p> 	<p><u>Long Passing with two more target players</u> Similar set up to above, but now add two extra target players in the two empty corners. The routine starts the same but this time the second middle target player drives it in long to the extra target player. The first player makes a straight run this time and receives the ball back from the deep player before performing a lofted pass across to the other side of the field.</p>	<ul style="list-style-type: none"> All of the above Communication Angles of receiving the pass Patience
<p>MATCH CONDITION ACTIVITY</p> 	<p><u>Long Passes count as double</u> Regular soccer rules in a scrimmage Play with 1 GK, 2 Def, 1 Mid, & 2 Strikers Teams can score double points if a goal is created directly from a long pass, therefore make the playing area long and narrow. Remember to only coach one team and remain with the topic</p>	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none">  = Attacking Players  = Defensive Players  = Driven Pass  = Lofted Pass  = Ball  = Running
<p>COOL DOWN</p>	<p>Players slowly dribble around. Then move around the grid without a ball doing jogging and stretching</p>	<p> = Goal</p>